

SPRAOI
SPÖRT

Spraoi-Spórt

Cóipcheart © **Altram** 2011
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Spraoi-Spórt CD cruthaithe ag Glens Music.

Is clár fisiciúil nuálach é **Spraoi-Spórt** ag **Altram** le riar ar riachtanais pháistí sna Luathbhlianta lán-Ghaeilge. Is meascán de cheol, d'amhráin, de chluichí agus de dhamhsa é chun cuidiú leis an Churaclam Luathbhlianta a sholáthar trí mheán na Gaeilge.

Maoiníodh an clár ag **The Big Lottery** ó 2007 – 2010.

Spraoi-Spórt is an innovative physical programme designed by **Altram** to meet the needs of children in the Irish Medium Early Years sector. It combines music, songs, games and dance to assist in the delivery of the Early Years Curriculum through the medium of Irish.

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Foras na Gaeilge

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Introduction



What is Spraoi-Spórt?

Spraoi-Spórt is a programme of activities designed to promote physical play and movement. It is fun based and incorporates songs and games. Spraoi-Spórt is not an alternative to the current physical programme. It is an addition and can be used to complement and enhance existing provision for physical development.

Do I need any special equipment or facilities?

The programme has been designed to be used either inside or outside. There are some activities which require specific equipment but the majority use typical Naíscoil physical activity equipment. Some do not require equipment at all. However most require a relatively large open space. It is important to carry out a risk assessment and follow all safety guidelines contained in this booklet.

How will Spraoi-Spórt benefit the children in my Naíscoil?

general benefits

Spraoi-Sport promotes and improves:

- teamwork and active child participation •
- listening, concentration and memory skills •
- social interaction and self-confidence •
- gross motor skills and flexibility •
- co-ordination skills, balance and control •
- the development of spatial awareness and a sense of direction •

Irish language benefits

Spraoi-Spórt provides opportunities to:

- expose children to a range of social and organisational language •
 - expose children to a wide range of sentence patterns •
appropriate to conceptual and learning levels
 - expose children to language associated with •
physical movement, health and the body
- introduce, practise, and consolidate language which •
reflects children's broader useful language needs
 - support, complement and reinforce •
aspects of a structured language programme

How do I use Spraoi-Spórt?

The booklet has been designed to support planning for physical movement activities which have been divided into three stages:

- Stage one offers a basic level of activity •
- Stage two offers a standard level of activity •
- Stage three offers a more challenging level of activity •

Additionally there are two warm-up songs to be used at the beginning of a Spraoi-Spórt session as well as a cooling-down song to be used at the end of a Spraoi-Spórt session.

The team decides which activity stage of the booklet is appropriate, based on the developmental levels of the children.

The booklet provides a step by step description of the activity, outlining equipment and useful language.

In planning for activities the Naíscoil staff should

- carry out a risk assessment •
- incorporate the programme into their planning •
- familiarise themselves with the relevant language range •

In using Irish with children staff must:

- use a simple language register •
- use language in a confident, consistent and sustained manner •
- incorporate sequential repetition, restatement and expansion •
- incorporate strategies of staged dialogue with one another •
- incorporate frequent use of the naming word rather than 'é', 'í' or 'iad' •

In supporting the children's understanding staff must

- ensure that relevant contextual clues are in place •
- use body language, gesture, facial expression and intonation •
- demonstrate clearly the specific movements and actions •
required for an activity

It is important that staff remain on the alert to seek opportunities to include, naturally and relevantly, language from within the schedule of planned language focus.

EQUIPMENT

The number of individual pieces of equipment have been detailed per child or per class of 16 children.

general

1 rubber positioning marker per child

parachute activities

parachute
music player
sound effects cd
a toy fish
different sea creatures
a toy rocket
range of balls including:
approximately 1 small, 1 medium and 1 large ball per child
1 very large ball per class group
4/6 skipping ropes

dance and movement

music player
music cds
music of varying tempos and type
1 scarf per child
1 hoop per child of varying colours

balance and control

stepping stones of varying sizes
1 bean bag per child
1 flat balance beam
1 raised balance beam
1 large non-slip blue mat

throwing and catching

1 bean bag per child
1 quoit per child
1 scarf per child
1 ball per child
1 large ball per child
1 medium ball per child

obstacle course

- 1 ladder
- 2 short straight tunnels
- 2 long straight tunnels
- 6 long poles / 6 short poles
- 6 small cones / 6 large cones
- 2 flat balance beams / 2 raised balance beams
- 6 large hoops / 6 small hoops
- 2 curved tunnels
- 2 textured beams

relay races

- 1 colour coded rubber positioning marker per child
- 1 colour coded bean bag per team
- 2 colour coded cones per team
- 1 short straight tunnel per team
- 1 large colour coded hoop per team
- 3 small colour coded hoops per team

target activities

- skittles
- 1 large hoop per group
- 4 quoits per group incorporating the four main colours
- 1 small cone per group
- 1 large, 1 medium and 1 small ball per group
- 1 container per group

Some information about target boards

colour target board

The target board is a board incorporating different coloured pockets usually the four main colours.

It requires a different coloured ball for each pocket.

The target board is usually made of metal, wood or cardboard.

The target board can be purchased from an early years supplier or made.

shape target board

The shape target board is a board incorporating different shaped pockets, usually the four basic shapes.

It requires a correspondingly shaped bean bag for each pocket.

The shape target board can be purchased from an early years supplier or made.

**Unless otherwise specified
equipment can be provided in a range of colours.**

SAFETY GUIDELINES

Before carrying out any of the Spraoi-Spórt activities a risk assessment must be carried out.

This risk assessment takes account of
the space available,
the numbers of children participating in the activity,
the staff team available
and the equipment to be used.

General Guidelines

- Choose a space •
large enough for the activity and the number of children participating
- Choose a space free from obstructions •
 - Remind children regularly about •
 - taking care -
 - watching what they are doing -
 - watching where they are going -
- Ensure any markers used for stepping stones are non-slip •
 - Make sure there is enough space between children •
- Encourage children to be careful during throwing activities •

SOCIAL AND ORGANISATIONAL LANGUAGE COMMON TO ALL OR MOST ACTIVITIES

basic routine language

cailín maith	-	good girl
gasúr maith	-	good boy
beag	-	small
mór	-	large
go cúramach	-	carefully
go fadálach	-	slowly
go gasta	-	quickly
an bealach seo	-	this way
an bhfuil tú reidh?	-	are you ready?
ar mhaith leat cuidiú liom?	-	would you like to help me?
an dtig leat?	-	can you
an maith leat seo?	-	do you like this?
an maith leat sin?	-	do you like that?
an bhfuil seo maith?	-	is this good?
an bhfuil sin maith?	-	is that good?
an bhfeiceann tú...?	-	do you see...?
cá bhfuil...?	-	where is?
cá bhfuil tú ag dul?	-	where are you going?
duine amháin ag an am amháin	-	one person at a time
anois	-	now
i mo dhiaidh	-	after me
leat féin	-	on your own
maith thú	-	well done

instructions

amharc	-	look
amharc orm	-	look at me
bí cúramach	-	be careful
bí ciúin	-	be quiet
bí réidh	-	get ready
caith san aer é	-	throw it in the air
coimhead thú féin	-	mind yourself
croith é	-	shake it
déan an rud seo	-	do this thing

déan an bealach seo é	-	do it this way
déan arís é	-	do it again
déan ciorcal	-	make a circle
déan go cúramach é	-	do it carefully
déan go fadálach é	-	do it slowly
déan go gasta é	-	do it quickly
déan i mbeirteanna é	-	do it in pairs
déan i ngrúpaí é	-	do it in groups
déan iarracht eile	-	try again
déan le chéile é	-	do it together
déan mar seo é	-	do it like this
déan réidh	-	get ready
déan seo	-	do this
éist	-	listen
faigh greim air	-	grab hold of it
fan bomaite	-	wait a minute
gabh anseo	-	go here
gabh ansin	-	go there
glac d'am	-	take your time
lean mé	-	follow me
léim suas	-	jump up
luigh síos	-	lie down
preab é	-	bounce it
rith sa tóir air	-	run after him
rith sa tóir uirthi	-	run after her
rith thart	-	run around
seas suas	-	stand up
seas thusa anseo	-	you stand here
seas thusa ansin	-	you stand there
suigh síos	-	sit down
taispeáin dom	-	show me
tar anseo	-	come here
tiontaigh thart	-	turn over, turn around

PLEASE NOTE

Commands have been given in the singular form only.

Staff must use the plural form when applicable.

**This information also applies
to the language support information
which accompanies each activity.**

WARM UP SONG

cá bhfuil mo chorp?



directions

Direct the children to:

- stand in a circle
- sing along with the words and carry out the appropriate actions

Song

Cá bhfuil mo chorp, mo chorp, mo chorp?

Ó, cá bhfuil mo chorp? Taispeáin dom é!

Seo é mo chorp, mo chorp, mo chorp

Ó, seo é mo chorp, nach deas atá sé!

Direct the children to:

- place a hand to the eyes
miming a search
- place a hand to the eyes
miming a search
- move both hands along the
length of their body
- gesture towards body using
both hands

The verse is repeated with the appropriate actions, singing 'mo cheann', 'mo lámha', 'mo chosa' and 'mo chorp'.

WARM UP SONG

léim suas



directions

Direct the children to:

- find a space and face the teacher
- sing along with the words and carry out the appropriate actions

Song

Léim suas, tiontaigh thart,
taispeáin dom do dhroim
Léim suas, tiontaigh thart
taispeáin dom d'aghaidh
X2

Buail do bhosa, má tá tú sona sásta
Buail do bhosa, bí sásta i rith an lae
X2

Léim amháin ar dheis
agus seasaimid le chéile
Léim amháin ar chlé
agus tosaímid arís
X2

Buail do bhosa, má tá tú sona sásta
Buail do bhosa, bí sásta i rith an lae
X2

Léim amháin chun tosaigh
agus seasaimid le chéile
Léim amháin ar gcúl
agus tosaímid arís
X2

Buail do bhosa, má tá tú sona sásta
Buail do bhosa, bí sásta i rith an lae
X2

Direct the children to:

- jump up, turn around so that their
- backs are towards the teacher
- jump up, turn around so that their
- faces are towards the teacher

- clap their hands and smile

- jump to the right
- put their feet together
- jump to the left
- put their feet together

- clap their hands and smile

- jump forwards
- put feet together
- jump backwards
- put feet together

- clap their hands and smile

Parachute Activities



activities

stage 1

tonnta	17
nathair	18

stage 2

aimsir	19
ruairí roicéad	20
ag iascaireacht	21
liathróidí preabacha	22
roille, roille, ráinne	23

stage 3

cat agus luchóg	24
siorc	25
muisiriún	26
rollóir	27
neansaí nóinín	28

tonnta



The children work together to move the parachute in a wave-like motion.

equipment:
parachute



directions

Lay the parachute out on the floor. Direct the children to:

- make a circle around the perimeter of the parachute
- bend down and take a handle with both hands
- lift the parachute up to waist height
- one after the other lift both hands high whilst still holding onto the handle

N.B. Raising the arms high in a random fashion can create a stormy sea.



useful language

instructions

déan ciorcal thart ar an pharaisiút /
make a circle around the parachute

crom síos /

bend down

glac hanla amháin /

take a handle

úsáid do dhá láimh /

use both hands

tóg an paraisiút chomh hard

le do bholg /

lift the parachute up to stomach height

tóg an paraisiút chomh hard leis seo /

lift the parachute up this high

tóg do lámha /

lift your hands

other sentences

cuirfidh muid an paraisiút síos
ar an urlár /

we will place the parachute on the floor

tá muid ag dul ciorcal a dhéanamh /

we are going to make a circle

thart ar an pharaisiút /

around the parachute

déanfaidh muid tonnta /

we will make waves

déanfaidh muid farraige stoirmiúil /

we will make a stormy sea

rollfaidh muid an paraisiút isteach /

we will roll the parachute in

nathair



The children shake the 'nathair nimhe' off the parachute as quickly as possible.

equipment:

parachute

4/6 skipping ropes



directions

Lay the parachute out on the floor. Place up to 6 skipping ropes on the parachute. Direct the children to:

- make a circle around the perimeter of the parachute
- bend down and take a handle with both hands
- lift the parachute up to waist height
- shake the parachute up and down or left and right, on the count of three, to shake the 'nathair' off the edge

useful language

questions

an bhfuil an nathair ag titim den pharaisiút? /

is the snake falling off the parachute?

an bealach seo / **this way**

an bealach sin / **that way**

croith na nathair den pharaisiút /

shake the snakes off the parachute

instructions

déan ciorcal thart ar an pharaisiút /

make a circle around the parachute

crom síos / **bend down**

glac hanla amháin / **take a handle**

úsáid do dhá lámh / **use both hands**

tóg an paraisiút chomh hard

le do bholg /

lift the parachute up to stomach height

tóg an paraisiút chomh hard leis seo /

lift the parachute up this high

tóg do lámha / **lift your hands**

croith an paraisiút /

shake the parachute

croith an paraisiút suas /

shake the parachute up

croith an paraisiút síos /

shake the parachute down

other sentences

cuirfidh muid an paraisiút síos

ar an urlár / **we will place**

the parachute on the floor

tá muid ag dul ciorcal a dhéanamh

thart ar an pharaisiút / **we are going**

to make a circle around the parachute

amharc ar an nathair /

look at the snake

seo an nathair / **this is the snake**

tá me ag dul na nathracha a chur

ar an pharaisiút / **I am going to put**

the snakes on the parachute

rollfaidh muid an paraisiút isteach /

we will roll the parachute in

aimsir



The children listen to a range of weather sounds and imitate the weather conditions using the parachute.

equipment:

parachute

music player

weather sound
effects cd



directions

Lay the parachute out on the floor. Put out the music player and prepare the weather sound effects. Discuss today's weather with the children. Direct the children to:

- make a circle around the perimeter of the parachute
- bend down and take a handle with both hands
- lift the parachute up to waist height

When the children are ready, play the weather sound effects. Direct the children to:

- listen to the weather sound effects
- move the parachute to imitate the weather conditions

N.B. Ensure variety in the sequence of weather sounds.

useful language

instructions

crom síos / **bend down**

glac hanla amháin / **take a handle**

úsáid do dhá láimh / **use both hands**

éist leis an aimsir /

listen to the weather

tóg an paraisiút chomh hard

le do bholg /

lift the parachute up to stomach height

croith an paraisiút /

shake the parachute

tóg an paraisiút chomh hard leis seo /

lift the parachute up this high

tóg do lámha / **lift your hands**

other sentences

cuirfidh muid an paraisiút síos

ar an urlár / **we will place the parachute
on the floor**

tá muid ag dul ciorcal a dhéanamh
thart ar an pharaisiút /

**we are going to make a circle
around the parachute**

tá muid ag dul a labhairt faoin aimsir /
we are going to talk about the weather

tá sé ag cur fearthainne / **it is raining**

níl sé ag cur fearthainne /

it is not raining

tá an ghaoth ag séideadh /

the wind is blowing

tá an ghrian ag soilsiú /

the sun is shining

tá an lá te / **it is a warm day**

tá an lá fuar / **it is a cold day**

tá an lá tirim / **it is a dry day**

tá an lá fliuch / **it is a wet day**

rollfaidh muid an paraisiút isteach /
we will roll the parachute in

ruairí roicéad



The children launch a toy rocket into space from it's start position at the centre of the parachute.

equipment:

parachute
toy rocket



directions

Lay the parachute out on the floor. Place 'ruairí roicéad' in the centre of the parachute in an upright position if possible.

Direct the children to:

- make a circle around the perimeter of the parachute
- bend down and take a handle with both hands
- sit down on their hunkers and wait
- on the count of three the children will jump up together raising the parachute as high as they can, propelling 'ruairí roicéad' skywards

N.B. A few attempts may be necessary to ensure Ruairí reaches the moon.

useful language

phrases

comh ard agus is féidir linn /

as high as we can

instructions

déan ciorcal thart ar an pharaisiút /

make a circle around the parachute

suigh ar do ghogaide /

sit on your hunkers

glac hanla amháin / take a handle

úsáid do dhá láimh / use both hands

aon do trí léim / one two three jump

tóg do lámha / lift your hands

caith suas an paraisiút /

throw the parachute upwards

other sentences

cuirfidh muid an paraisiút síos

ar an urlár / we will place

the parachute on the floor

tá muid ag dul ciorcal a dhéanamh

thart ar an pharaisiút / we are going

to make a circle around the parachute

tá mé ag dul an roicéad a chur

ar an pharaisiút / I am going to put

the rocket on the parachute

déanfaimid muid cuntas go dtí a trí

agus léimfidh muid /

we will count to three and jump

rollfaidh muid an paraisiút isteach /

we will roll the parachute in

ag iascaireacht



The children 'go fishing' for a toy rocket under the parachute sea.

equipment:

parachute

toy fish or

other sea creature



directions

Lay the parachute out on the floor. Place an item under the sea i.e. under the parachute. Direct the children to:

- make a circle around the perimeter of the parachute
- bend down and take a handle with both hands
- lift the parachute up to chin level
- gently move the parachute in a wave-like motion

Call out the children's names one at a time. Direct that child to:

- go under the parachute and lift the item
- give the item back to the leader in charge

N.B. If there are a large number of children more than one toy item can be used.

useful language

instructions

déan ciorcal thart ar an pharaisiút /

make a circle around the parachute

crom síos / **bend down**

glac hanla amháin / **take a handle**

úsáid do dhá lámh / **use both hands**

tóg an paraisiút chomh hard leis seo /

lift the parachute up this high

tóg do lámha / **lift your hands**

tóg an paraisiút san aer /

lift the parachute into the air

croith an paraisiút / **shake the parachute**

coinnigh an paraisiút faoi do smig /

hold the parachute at chin level

scairt amach ainm / **call out a name**

rith faoi / **run under**

faigh an t-iasc / **get the fish**

tabhair an t-iasc dom /

give me the fish

other sentences

cuirfidh muid an paraisiút síos

ar an urlár / **we will place the**

parachute on the floor

tá muid ag dul ciorcal a dhéanamh

thart ar an pharaisiút /

we are going to make a circle around the parachute

tá muid ag dul an paraisiút a thógáil

chomh hard leis seo /

we are going to lift the parachute up this high

tá mé ag dul an t-iasc a chur

faoin fharraige /

I am going to place the fish under the sea

rollfaidh muid an paraisiút isteach /

we will roll the parachute in

liathróidí preabacha



The children attempt to bounce a large range of balls around on the parachute without them falling off.

equipment:

parachute 6 small, medium and large balls



directions

Lay the parachute out on the floor. Place the balls on top of the parachute. Direct the children to:

- make a circle around the perimeter of the parachute
- bend down and take a handle with both hands
- lift the parachute up to waist height
- hold the parachute steady
- bounce the balls around on the parachute
- lift the handle slightly when the balls approach to prevent the balls falling off



useful language

instructions

déan ciorcal thart ar an pharaisiút /
make a circle around the parachute

crom síos / **bend down**

glac hanla amháin / **take a handle**

úsáid do dhá láimh / **use both hands**

tóg an paraisiút chomh hard

le do bholg /

lift the parachute up to stomach height

tóg an paraisiút chomh hard leis seo /

lift the parachute up this high

tóg do lámha / **lift your hands**

ná bóg an paraisiút /

don't move the parachute

coinnigh na liathróidí ar an pharaisiút /

keep the balls on the parachute

ná preab é go fóill / **don't bounce it yet**

preab an paraisiút anois /

bounce the parachute now

tóg an paraisiút nuair a thagann an
liathróid in aice leat / **lift the parachute**
when the balls approach you

other sentences

cuirfidh muid an paraisiút síos
ar an urlár /

we will place the parachute on the floor

tá muid ag dul ciorcal a dhéanamh

thart ar an pharaisiút / **we are going to**

make a circle around the parachute

tá mé ag dul na liathróidí a chur

ar an pharaisiút / **I am going to put**

the balls on the parachute

tá muid ag dul na liathróidí a preabadh

ar an pharaisiút / **we are going to**

bounce the balls on the parachute

rollfaidh muid an paraisiút isteach /

we will roll the parachute in

roille, roille, ráinne



Action Song.

equipment:

parachute
music player

Spraoi-Spórt cd



directions

Lay the parachute out on the floor. Direct the children to:

- make a circle around the perimeter of the parachute
- sit down around the perimeter of the parachute
- take a handle with both hands
- sing along with the words and carry out the appropriate actions

Song

Roille, roille, ráinne

Timpeall linn i bhfáinne

Ríleo ró! Ríleo ró!

Suas san aer le mo pharaisiút ó

Repeat 5 times

Direct the children to:

– hold the parachute and sway from side to side

– lift their arms and lift the parachute above their heads

useful language

questions

an maith libh an t-amhrán sin? /

do you like that song?

an maith leat bheith ag damhsa? /

do you like dancing?

instructions

déan ciorcal thart ar an pharaisiút /

make a circle around the parachute

suigh síos thart ar an pharaisiút /

sit down around the parachute

glac hanla amháin / take a handle

úsáid do dhá lámh / use both hands

éist leis an amhrán / listen to the song

bog ó thaobh go taobh /

sway from side to side

tóg do lámha / lift your arms

tóg an paraisiút chomh hard leis seo /

lift the parachute up this high

tóg an paraisiút suas os do chionn /

lift the parachute above your head

other sentences

cuirfidh muid an paraisiút síos ar an urlár /

we will place the parachute on the floor

tá muid ag dul ciorcal a dhéanamh

thart ar an pharaisiút /

we are going to make a circle around

the parachute

tá muid ag dul amhrán a rá /

we are going to sing a song

tá an t-amhrán seo galánta /

this song is great

is maith liom an t-amhrán seo go mór /

I like this song a lot

rollfaidh muid an paraisiút isteach /

we will roll the parachute in

cat agus luchóg



The children play a game of cat and mouse using the parachute.

equipment:

parachute



directions

Lay the parachute out on the floor. Direct the children to:

- make a circle around the perimeter of the parachute
- kneel down around the perimeter of the parachute
- take a handle with both hands
- hold the parachute a few inches off the floor
- wait until the Cat and Luchóg are chosen

Choose one child to become the Luchóg.

- instruct the Luchóg to crawl underneath the parachute

Choose another child to become the Cat. Direct the Cat to:

- crawl on top of the parachute
- find the Luchóg

Direct the children to:

- hide the Luchóg by moving the parachute up and down

N.B. Change the children playing the Cat and Luchóg as soon as the Luchóg is found or at least every few mins.

useful language

instructions

déan ciorcal thart ar an pharaisiút /

make a circle around the parachute

gabh ar do ghlúine thart

ar an pharaisiút /

kneel down around the parachute

glac hanla amháin / **take a handle**

úsáid do dhá láimh / **use both hands**

coinnigh an paraisiút suas /

keep the parachute up

coinnigh an paraisiút síos /

keep the parachute down

tóg an paraisiút píosa beag ón urlár /

hold the parachute a few inches from the floor

gabh faoin pharaisiút /

go under the parachute

bog isteach ar an pharaisiút

ar do ghlúine / **move in on the**

parachute on your knees

faigh an luchóg / **find the mouse**

other sentences

cuirfidh muid an paraisiút síos

ar an urlár / **we will place the**

parachute on the floor

tá muid ag dul ciorcal a dhéanamh

thart ar an pharaisiút / **we are going to**

make a circle around the parachute

rollfaidh muid an paraisiút isteach /

we will roll the parachute in

siorc



Someone becomes a 'Shark' and drags the others underwater.

equipment:
parachute



directions

Lay the parachute out on the floor. Direct the children to:

- make a circle around the perimeter of the parachute
- sit on the ground around the perimeter of the parachute with their legs stretched out under the parachute
- take a handle with both hands

Choose two children who will become a Siorc. Direct the 2 children to:

- crawl around underneath the parachute
- choose a child to 'eat' by grabbing their legs
- gently draw these children under the parachute as they 'eat them'

When all the children have been 'eaten' the game begins again.

N.B. Ensure as many children as possible have the chance to become a Siorc.

useful language

instructions

déan ciorcal thart ar an pharaisiút /
make a circle around the parachute
suigh ar an urlár in aice le hanla agus
do chosa sínte amach /
**sit on the floor beside a handle with
your legs stretched out**
glac hanla amháin / **take a handle**
úsáid do dhá láimh / **use both hands**
tóg an paraisiút píosa beag ón urlár /
**hold the parachute a few inches from
the floor**
tóg an paraisiút chomh hard leis seo /
lift the parachute up this high
gabh faoin pharaisiút /
go under the parachute
snámh thart faoin pharaisiút /
swim around under the parachute

ith Máire / **eat Máire**

ith Pól / **eat Paul**

tarraing é faoi / **pull him under**

tarraing í faoi / **pull her under**

tar amach / **come out**

other sentences

cuirfidh muid an paraisiút síos ar an urlár /

we will place the parachute on the floor

tá muid ag dul ciorcal a dhéanamh thart ar an pharaisiút /

we are going to make a circle around the parachute

rollfaidh muid an paraisiút isteach /
we will roll the parachute in

muisiríún



The children make a large mushroom shape with the parachute.

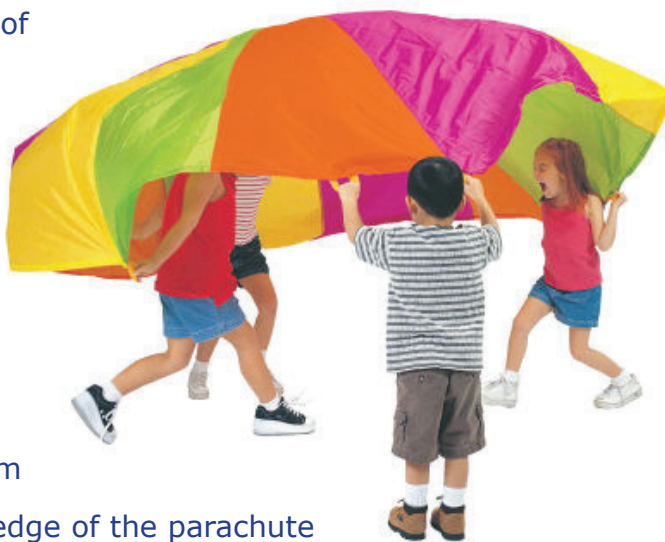
equipment:
parachute



directions

Lay the parachute out on the floor. Direct the children to:

- make a circle around the perimeter of the parachute
- bend down and take a handle with both hands
- lift the parachute up to waist height
- lift their arms on the count of three raising the parachute over their heads
- pull the parachute down behind them
- sit down with their bottoms on the edge of the parachute



useful language

instructions

déan ciorcal thart ar an pharaisiút /

make a circle around the parachute

crom síos /

bend down

glac hanla amháin /

take a handle

úsáid do dhá láimh /

use both hands

tóg an paraisiút ar chuntas a trí /

lift the parachute on the count of three

tóg an paraisiút suas os do chionn /

lift the parachute above your head

tarraing é anuas i do dhiaidh /

pull it down behind you

suigh síos thart ar imeall

an pharaisiúit /

sit down on the edge of the parachute

other sentences

cuirfidh muid an paraisiút síos ar an urlár

/ we will place the parachute on the floor

tá muid ag dul muisiríún mór

a dhéanamh /

we are going to make a large

mushroom

tá muid uilig inár suí faoin pharaisiút /

we are all sitting under the parachute

tá muisiríún déanta againn /

we have made a mushroom

tá muisiríún mór déanta again /

we have made a big mushroom

rollfaidh muid an paraisiút isteach /

we will roll the parachute in

rollóir



The children work together to roll a large ball around the parachute.

equipment:

parachute

1 large, lightweight ball



directions

Lay the parachute out on the floor. Direct the children to:

- make a circle around the perimeter of the parachute
- bend down and take a handle with both hands
- lift the parachute up to waist height
- place a large ball near the edge
- raise the handles slightly one by one in order to make the ball roll around the edge of the parachute
- raise their own handle a bit higher again when the ball rolls towards them

N.B. The direction of the ball or it's speed can be adjusted.

useful language

instructions

déan ciorcal thart ar an pharaisiút /

make a circle around the parachute

crom síos /

bend down

glac hanla amháin /

take a handle

úsáid do dhá lámh /

use both hands

tóg an paraisiút chomh hard

le do bholg /

lift the parachute up to stomach height

tóg an paraisiút chomh hard leis seo /

lift the parachute up this high

tóg do lámha /

lift your hands

cuir an liathróid ar imeall an

pharaisiúit /

put the ball on the edge of the

parachute

roll an liathróid thart /

roll the ball around

tóg an paraisiút nuair a thagann

an liathróid in aice leat /

lift the parachute when the ball

approaches you

other sentences

cuirfidh muid an paraisiút síos

ar an urlár / **we will place the**

parachute on the floor

tá muid ag dul ciorcal a dhéanamh

thart ar an pharaisiút /

we are going to make a circle around

the parachute

déanfaidh muid é duine i ndiaidh

duine / **we will do it one after the other**

tá muid ag dul an liathróid a rolladh

thart ar an pharaisiút /

we are going to roll the ball around

on the parachute

rollfaidh muid an paraisiút isteach /

we will roll the parachute in

neansaí nóinín



Action song.

equipment:

parachute

Spraoi-Spórt cd



directions

Lay the parachute out on the floor. Direct the children to:

- make a circle around the perimeter of the parachute
- bend down and take a handle with both hands
- hold the parachute up high in the air
- sing along with the words and carry out the appropriate actions

Select one child who will lead the train and become the 'tiománaí

Song

amach is isteach le Neansaí Nóinín
amach is isteach le Neansaí Nóinín

amach is isteach le Neansaí Nóinín
tar liom i mo dhiaidh

buail, buail, buail ar mo ghualainn
buail, buail, buail ar mo ghualainn
buail, buail, buail ar mo ghualainn

tar liom i mo dhiaidh

Direct the 'tiománaí' to:

- weave in and out and under the parachute
- continue to move in and out
- stop and select a child by tapping them on the shoulder

Direct the selected child to:

- join the train holding onto the child in front

Repeat 4 times.

Continue the train of children until each child has been selected.

useful language

questions

an maith leat an t-amhrán seo? /

do you like this song?

an maith leat bheith ag damhsa? /

do you like dancing?

instructions

déan ciorcal thart ar an pharaisiút /

make a circle around the parachute

crom síos /

bend down

glac hanla amháin /

take a handle

úsáid do dhá lámh /

use both hands

tóg do lámha /

lift your hands

tóg an paraisiút chomh hard leis seo /
lift the parachute up this high

tóg an paraisiút go hard san aer /
lift the parachute high in the air

éist leis an amhrán /
listen to the song

siúil isteach agus amach tríd na páistí /
walk in and out through the children

rith isteach agus amach tríd na páistí /
run in and out through the children

pioc duine amháin /
pick one person

gabh isteach sa traen /
join the train

tar ar ais chuig an ciorcal /
return to the circle

other sentences

cuirfidh muid an paraisiút síos
ar an urlár /

we will place the parachute on the
floor

tá muid ag dul ciorcal a dhéanamh
thart ar an pharaisiút / we are going to
make a circle around the parachute

déanfaidh muid traen ar chúl
an tiománaí /

we will make a train behind the driver
tá muid ag dul amhrán a rá /
we are going to sing a song

tá an t-amhrán seo galánta /
this song is great

is maith liom an t-amhrán seo go mór /
I like this song a lot

is maith liom bheith ag damhsa /
I like dancing

rollfaidh muid an paraisiút isteach /
we will roll the parachute in



Dance and Movement



activities

stage 1

damhsa	33
damhsa na ndealbh	34
damhsa scairfe	35

stage 2

hócaí cócaí	36
damhsa ciorcail	38

stage 3

damhsa ciorcail	39
damhsa coirp	40
damhsa ainmhí	41
tá cluasa agam	42

damhsa



The children dance to music of differing types and tempos.

equipment:

music player

cds with music of differing types and tempos



directions

Direct the children to:

- dance on their own
- dance slowly if the music is slow
- dance quickly if the music is quick
- express themselves whichever way they choose

N.B. Ensure there is a wide variety of music available.



useful language

questions

an maith leat an ceol seo? /

do you like this music?

an maith leat bheith ag damhsa? /

do you like dancing?

cén cineál ceoil atá ann? /

what type of music is it?

an bhfuil an ceol fadálach? /

is the music slow?

an bhfuil an ceol gasta? /

is the music fast?

éist leis an cheol /

listen to the music

déan damhsa go gasta

má tá an ceol gasta /

dance quickly if the music is fast

déan damhsa go fadálach

má tá an ceol fadálach /

dance slowly if the music is slow

gabh ar aghaidh leis an damhsa

nuair a thosaíonn an ceol arís /

continue to dance when the music starts again

instructions

éist leis an cheol /

listen to the music

déan damhsa go fadálach /

dance slowly

déan damhsa go gasta /

dance quickly

déan damhsa leat féin /

dance on your own

other sentences

beidh muid ag damhsa leis an cheol /

we will be dancing with the music

is maith liom an ceol seo go mór /

I like this music a lot

is maith liom bheith ag damhsa /

I like dancing

damhsa na ndealbh



The children listen to music and freeze when it stops.

equipment:

music player

cds with music of differing types and tempos



directions

Direct the children to:

- dance on their own
- freeze like a statue when the music stops
- continue to dance when the music resumes

N.B. Ensure there is a wide range of music available.

Give a range of instructions when the music stops.



useful language

questions

an maith leat an ceol seo? /

do you like this music?

an maith leat bheith ag damhsa? /

do you like dancing?

cén cineál ceoil atá ann? /

what type of music is it?

an bhfuil an ceol fadálach? /

is the music slow?

an bhfuil an ceol gasta? /

is the music fast?

instructions

déan damhsa leat féin /

dance on your own

éist leis an cheol /

listen to the music

coinnigh leat ag damhsa /

keep dancing

stop nuair a stopann an ceol /

stop when the music stops

ná bog /

do not move

other sentences

stopfaidh muid nuair a stopfaidh

an ceol /

we will stop when the music stops

déanfaidh muid damhsa na ndealbh /

we will do musical statues

beidh muid ag damhsa leis an cheol /

we will be dancing with the music

is maith liom an ceol seo go mór /

I like this music a lot

is maith liom bheith ag damhsa /

I like dancing

damhsa scairfe

The children dance to various types of music using scarves.



equipment:

music player

cds with music of differing types and tempos

1 brightly coloured scarf per child



directions

Provide each child with a scarf. Direct the children to:

- dance on their own
- play with the scarf
- dance and move with the scarf to the music

useful language

questions

an maith leat an ceol seo? /

do you like this music?

an maith leat bheith ag damhsa? /

do you like dancing?

cén cineál ceoil atá ann? /

what type of music is it?

an bhfuil an ceol fadálach? /

is the music slow?

an bhfuil an ceol gasta? /

is the music fast?

instructions

bain triail as an scairf /

try the scarf

éist leis an cheol /

listen to the music

déan ciorcal leis an scairf /

make a circle with the scarf

déan ciorcal mór leis an scairf /

make a big circle with the scarf

déan ciorcal beag leis an scairf /

make a small circle with the scarf

déan damhsa go fadálach /

dance slowly

déan damhsa go gasta /

dance quickly

déan damhsa leat féin /

dance on your own

déan damhsa go gasta

má tá an ceol gasta /

dance quickly if the music is fast

déan damhsa go fadálach

má tá an ceol fadálach /

dance slowly if the music is slow

other sentences

beidh muid ag damhsa leis an cheol /

we will be dancing with the music

is maith liom an ceol seo go mór /

I like this music a lot

is maith liom bheith ag damhsa /

I like dancing



hócaí cócaí



Action song.

equipment:

music player

Spraoi-Spórt cd



directions

Direct the children to:

- stand in a circle
- sing along with the words and carry out the appropriate actions

Song

Cuir do lámh isteach, tóg do lámh amach

Isteach, amach is tiontaigh thart is thart

Sín do lámha suas san aer
agus scairt in ard do chinn

Ó hócaí, cócaí, cócaí

ó hócaí, cócaí, cócaí,
Ó hócaí, cócaí, cócaí,
agus scairt in ard do chinn

Direct the children to:

- stretch one hand in and out of the circle
- stretch one hand in and out again, then turn clockwise
- stretch their hands up the air above their heads
- walk in towards the centre with hands joined
- walk backwards out again
- walk in towards the centre

The children are directed to walk backwards out again to begin the next verse. The verse is repeated with the appropriate actions, singing 'do chos', 'do thóin', 'do chorp'.

useful language

questions

an maith leat an t-amhrán seo? /

do you like this song?

cén cineál ceoil atá ann? /

what type of music is it?

an bhfuil an ceol fadálach? /

is the music slow?

an bhfuil an ceol gasta? /

is the music fast?

an maith leat bheith ag damhsa? /

do you like dancing?

instructions

déan ciorcal mór /

make a big circle

éist leis an amhrán /

listen to the song

cuir do lámh isteach /

put your arm in

tóg do lámh amach /

lift your arm out

cuir do chos isteach /

put your leg in

tóg do chos amach /

lift your leg out

cuir do thóin isteach /

put your bottom in

tóg do thóin amach /

lift your bottom out

cuir do chorp isteach /

put your body in

tóg do chorp amach /

lift your body out

sín do lámha /

stretch your arms

tiontaigh thart /

turn around

glacaigí lámha a chéile /

take one another's hands

siúil isteach /

walk in

siúil amach /

walk out

siúil ar ais arís /

walk back again

other sentences

tá muid ag dul amhrán a rá /

we are going to sing a song

tá an t-amhrán seo galánta /

this song is great

is maith liom an t-amhrán seo go

mór / I like this song a lot

beidh muid ag damsha leis an cheol /

we will be dancing with the music

is maith liom bheith ag damhsa /

I like dancing

damhsa ciorcail



The children jump into the hoops when the music stops.

equipment:

music player



cds with music of differing types and tempos

1 flat coloured hoop per child

directions

Lay the hoops out on the floor with sufficient space between them. Direct the children to:

- dance on their own
- dance in and out around the hoops
- jump inside a hoop when the music stops

useful language

questions

an maith leat an ceol seo? /

do you like this music?

an maith leat bheith ag damhsa? /

do you like dancing?

cén cineál ceoil atá ann? /

what type of music is it?

an bhfuil sé fadálach? / **is it slow?**

an bhfuil sé gasta? / **is it fast?**

instructions

éist leis an cheol / **listen to the music**

déan damhsa leat féin /

dance on your own

déan damhsa isteach agus amach thart ar na ciorcail /

dance in and out around the hoops

déan damhsa go fadálach /

dance slowly

déan damhsa go gasta /

dance quickly

déan damhsa go gasta

má tá an ceol gasta /

dance quickly if the music is fast

déan damhsa go fadálach

má tá an ceol fadálach /

dance slowly if the music is slow



léim isteach sa chiorcal nuair a stopann an ceol / **jump into the circle when the music stops**

other sentences

tá mé ag dul na ciorcail a chur amach ar an urlár / **I am going to put the hoops out on the floor**

tá muid ag dul a léim isteach sna ciorcail /

we are going to jump inside the hoops

beidh muid ag damhsa leis an cheol / **we will be dancing with the music**

is maith liom an ceol seo /

I like this music

is maith liom bheith ag damhsa /

I like dancing

damhsa ciorcail



The children jump into different coloured hoops as instructed when the music stops.

equipment:

music player



cds with music of different styles and tempos

1 flat coloured hoop per child

directions

Lay the hoops out on the floor with sufficient space between them. Direct the children to:

- dance on their own
- dance in and out around the hoops
- when the music stops listen while the teacher calls out a colour
- jump inside the correct hoop

N.B. Remove some hoops to increase complexity.

useful language

questions

an maith leat an ceol seo? /

do you like this music?

an maith leat bheith ag damhsa? /

do you like dancing?

cén cineál ceoil atá ann? /

what type of music is it?

an bhfuil sé fadálach? / is it slow?

an bhfuil sé gasta? / is it fast?

instructions

éist leis an cheol / listen to the music

déan damhsa leat féin /

dance on your own

déan damhsa isteach agus amach /

dance in and out

déan damhsa go fadálach /

dance slowly

déan damhsa go gasta / dance quickly

déan damhsa go gasta

má tá an ceol gasta /

dance quickly if the music is fast

déan damhsa go fadálach

má tá an ceol fadálach /

dance slowly if the music is slow

gabh isteach sa chiorcal gorm /

jump into the blue circle

léim isteach sa chiorcal /

jump into the circle

other sentences

tá mé ag dul na ciorcail a chur amach ar an urlár / I am going to put the hoops out on the floor

beidh muid ag damhsa leis an cheol / we will be dancing with the music

nuair a stopann an ceol déarfaidh mise ainm dath / when the music stops I will say the name of a colour

nuair a deirim ainm dath léim isteach sa chiorcal / when I say the name of a colour jump into a hoop

is maith liom an ceol seo /

I like this music

is maith liom bheith ag damhsa /

I like dancing

damhsa coirp



The children dance to music using different body parts.

equipment:

music player



cds with music of differing types and tempos

directions

Direct the children to:

- dance on their own
- dance, moving under specific instruction, different body parts

N.B. Vary the movement and sequence.

useful language

questions

an maith leat an ceol seo? /

do you like this music?

an maith leat bheith ag damhsa? /

do you like dancing?

an bhfuil an ceol fadálach? /

is the music slow?

an bhfuil an ceol gasta? /

is the music fast?

cén cineál ceoil atá ann? /

what type of music is it?

instructions

éist leis an cheol /

listen to the music

déan damhsa leat féin /

dance on your own

bain úsáid as do lámha /

use your arms

bain úsáid as do chosa /

use your legs

bain úsáid as do cheann /

use your head

croith do lámha /

wave your arms

déan damhsa go fadálach /

dance slowly

déan damhsa go gasta /

dance quickly

déan damhsa go gasta

má tá an ceol gasta /

dance quickly if the music is fast

déan damhsa go fadálach

má tá an ceol fadálach /

dance slowly if the music is slow

other sentences

beidh muid ag damhsa leis an cheol /

we will be dancing with the music

nuair a déarfaidh mé cos caithfidh tú

do chos a bhogadh / when I say foot

you must move your foot

nuair a déarfaidh mé lámh caithfidh tú

do lámh a bhogadh / when I say hand

you must move your hand

nuair a déarfaidh mé ceann caithfidh

tú do cheann a bhogadh / when I say

head you must move your head

nuair a déarfaidh mé corp caithfidh tú

do chorp a bhogadh / when I say body

you must move your body

nuair a déarfaidh mé tóin caithfidh tú

do thóin a bhogadh / when I say

bottom you must move your bottom

is maith liom an ceol seo /

I like this music

is maith liom bheith ag damhsa /

I like dancing



damhsa ainmhí



The children move to the music like different animals.

equipment:

music player



cds with music of differing types and tempos

directions

Direct the children to:

- dance on their own
- listen while the teacher calls out the name of an animal
- move to the music like that particular animal

N.B. Vary the animal chosen.

useful language

questions

an maith leat an ceol seo? /

do you like this music?

an maith leat bheith ag damhsa? /

do you like dancing?

an bhfuil an ceol fadálach? /

is the music slow?

an bhfuil an ceol gasta? /

is the music fast?

cén cineál ceoil atá ann? /

what type of music is it?

instructions

éist leis an cheol /

listen to the music

déan damhsa leat féin /

dance on your own

déan damhsa go fadálach /

dance slowly

déan damsha go gasta /

dance quickly

déan damhsa go gasta

má tá an ceol gasta /

dance quickly if the music is fast

déan damhsa go fadálach

má tá an ceol fadálach /

dance slowly if the music is slow

other sentences

beidh muid ag damsha leis an cheol /

we will be dancing with the music

nuair a déarfaidh mé ainm ainmhí

caithfidh tusa damhsa cosuil leis an

ainmhí sin /

when I say the name of an animal you must dance like that animal

is maith liom an ceol seo /

I like this music

is maith liom bheith ag damhsa /

I like dancing

tá cluasa agam



The children carry out the actions as outlined in the song lyrics.

equipment:

music player

Spraoi-Spórt cd



directions

Direct the children to:

- stand in a circle
- sing along with the words and carry out the appropriate actions

Song

tá cluasa agam, tá súile agam

tá srón bheag sa lár

béal faoi, 'is fiacla istigh

agus teanga ar a bharr

gruaig, ceann, cosa, glúine

droim le bheith i mo luí

lámha, méara, bolg mhór

agus tóin le bheith i mo shuí

Repeat 2 times.

Direct the children to:

- point to their ears, their eyes
- point to their nose
- point to their teeth, their mouth
- point to their tongue
- point to their hair, their head, their feet and their knees
- point to their back
- shake their hands, fingers, then point to their tummy
- point to their bottom

useful language

questions

an maith leat an ceol seo? /

do you like this music?

an maith leat bheith ag damhsa? /

do you like dancing?

an bhfuil an ceol fadálach? /

is the music slow?

an bhfuil an ceol gasta? /

is the music fast?

cén cineál ceoil atá ann? /

what type of music is it?

instructions

éist leis an ceol /

listen to the music

déan damhsa leat féin /

dance on your own

cuir do lámha ar do chluasa /

put your hands on your ears

cuir do lámha ar do shúile /

put your hands on your eyes

cuir do lámha ar do shrón /

put your hands on your nose

cuir do lámha ar do bhéal /
put your hands on your mouth

cuir do lámha ar do fhiacra /
put your hands on your teeth

cuir do lámha ar do theanga /
put your hands on your tongue

cuir do lámha ar do ghruaig /
put your hands on your hair

cuir do lámha ar do cheann /
put your hands on your head

cuir do lámha ar do chosa /
put your hands on your feet

cuir do lámha ar do ghlúine /
put your hands on your knees

cuir do lámha ar do dhroim /
put your hands on your back

croith do lámha /
shake your hands

croith do mhéara /
shake your fingers

cuir do lámha ar do bholg /
put your hands on your stomach

buail do thóin /
tap your bottom

other sentences

tá muid ag dul amhrán a rá /
we are going to sing a song

tá an t-amhrán seo galánta /
this song is great

is maith liom an t-amhrán seo go mór /
I like this song a lot

is maith liom bheith ag damhsa /
I like dancing





Balance
and
Control

activities

stage 1

mála pónairí	47
clocha	48
an cosán cothrom	49

stage 2

mála pónairí	50
clocha	51
an cosán ard	52

stage 3

mála pónairí	53
clocha	54
rólaí pólaí	55
mála ag dul suas	56

mála pónairí



The children balance a bean bag on large parts of the body.

equipment:

1 bean bag per child



directions

Provide each child with a bean bag. Direct the children to:

- stand in a circle
- balance the bean bag on large parts of the body
- on the head, the hand, the knee, the foot, the tummy, the back

N.B. The children can use a hand to steady the bean bag if necessary.

useful language

instructions

coinnigh greim air /

keep hold of it

cuir an mála pónairí ar do chos /

put the bean bag on your foot

cuir an mála pónairí ar do ghualainn /

balance the bean bag on your shoulder

cuir an mála pónairí ar do mhéar /

balance the bean bag on your finger

cuir an mála pónairí faoi do lámh /

balance the bean bag under your arm

cuir an mála pónairí idir do ghlúine /

balance the bean bag between your knees

cuir do lámha air /

put your hands on it

ná lig don mhála titim /

do not let the bean bag fall

ná tit / do not fall

sín amach do lámha /

stretch out your hands

other sentences

tá mé ag dul mála pónairí a thabhairt
do gach duine /

I am going to give everyone a bean bag

seasfaidh muid i gciorcal /

we will stand in a circle



clocha

The children cross a simple pathway.

equipment:

12 stepping stones of varying size – purchased or rubber markers

1 large non slip blue mat or blanket

several toy crocodiles



directions

Arrange the stepping stones in a simple pattern on top of the blue 'river' mat. Arrange the children in a circle around the 'river'. The children should complete the activity one at a time. Direct the children to:

- cross the pathway carefully
- stretch their arms outwards to help balance

N.B. For easy navigation use the largest stepping stones.

useful language

instructions

déan ciorcal thart ar an bhrat úrláir /

make a circle around the mat

cuir do lámha amach /

stretch your arms out

déan iarracht dul trasna na habhann /

try to cross the river

gabh trasna /

go across

siúil ó chloch go cloch /

go from stone to stone

siúil go fadálach /

walk slowly

siúil go cúramach /

walk carefully

amharc ar an crogall /

look at the crocodile

ná tit isteach /

do not fall in

other sentences

tá mé ag dul an brat úrláir a chur
ar an urlár /

I am going to put the mat on the floor

tá mé ag dul na clocha a chur
ar an bhrat úrláir /

I am going to put the stones on the mat

tá crogall ina luí san uisce /

there is a crocodile lying in the water

tá ocras ar an chrogall /

the crocodile is hungry

an cosán cothrom

The children negotiate their way along a flat balance beam.

equipment:

a combination of straight and curved flat balance beams

directions

Arrange the children in a circle around the balance beams. The children should complete the activity one at a time.

Direct the children to:

- walk carefully across the balance beam
- stretch their arms outwards to help balance



useful language

instructions

déan ciorcal thart ar an chosán /
make a circle around the path
(balance beam)

sín do lámha amach /
stretch your arms out

déan iarracht siúl ar chosán /
try to walk on the path
(balance beam)

déan iarracht gan titim /
try not to fall

ná tit /
do not fall

siúil go fadálach /
walk slowly

siúil go cúramach /
walk carefully

other sentences

tá muid ag dul iarracht a dhéanamh
siúil ar an chosán /
we are going to try and walk on the
path (balance beam)

mála pónairí



The children balance a bean bag on more challenging parts of the body.

equipment:

1 bean bag per child



directions

Provide each child with a bean bag. Direct the children to:

- stand in a circle
- attempt to balance the bean bag on different parts of the body on the shoulder, the finger, the elbow, the nose, the ear, the bottom
- attempt to hold the bean bag with different body parts, i.e. the knees, under the arm

N.B. The children can use a hand to steady the bean bag if necessary.

useful language

instructions

coinnigh greim ar an mhála pónairí /

keep hold of the bean bag

coinnigh greim air /

keep hold of it

cuir an mála pónairí ar do chos /

put the bean bag on your foot

cuir an mála pónairí ar do ghualainn /

balance the bean bag on your shoulder

cuir an mála pónairí ar do mhéar /

balance the bean bag on your finger

cuir an mála pónairí faoi do lámh /

balance the bean bag under your arm

cuir an mála pónairí idir do ghlúine /

balance the bean bag between your knees

cuir do lámha air /

place your hands on it

ná lig don mhála titim /

do not let the bean bag fall

ná tit /

do not fall

sín amach do lámha /

stretch out your hands

other sentences

tá mé ag dul mála pónairí a thabhairt do gach duine /

I am going to give everyone a bean bag

seasfaidh muid i gciorcal /

we will stand in a circle

clocha

The children navigate a more complicated pathway.

equipment:

12 stepping stones of varying size – purchased or rubber markers

1 large non slip blue mat or blanket

several toy crocodiles



directions

Arrange the stepping stones on top of the blue 'river' mat using a more complicated layout. Arrange the children in a circle around the 'river'. Direct the children to:

- cross the pathway carefully
- stretch their arms outwards to help balance

N.B. For easy navigation use the largest stepping stones.

useful language

instructions

déan ciorcal thart ar an bhrat úrláir /

make a circle around the mat

cuir do lámha amach /

stretch your arms out

déan iarracht dul trasna na habhann /

try to cross the river

gabh trasna /

go across

siúil ó chloch go cloch /

go from stone to stone

siúil go fadálach /

walk slowly

siúil go cúramach /

walk carefully

amharc ar an chrogall /

look at the crocodile

ná tit isteach /

do not fall in

other sentences

tá mé ag dul an brat gorm a chur
ar an urlár /

I am going to put the blue mat on the
floor

tá mé ag dul na clocha a chur
ar an bhrat gorm /

I am going to put the stones on the
blue mat

tá crogall ina luí san uisce /

there is a crocodile lying in the water

tá ocra ar an chrogall /

the crocodile is hungry

an chosán ard

The children negotiate their way along a raised balance beam.

equipment:

a combination of straight and curved raised balance beams

directions

Arrange the children in a circle around the balance beams. The children should complete the activity one at a time. Direct the children to:

- walk carefully across the balance beam
- stretch their arms outwards to help balance



useful language

instructions

déan ciorcal thart ar an chosán /

make a circle around the path
(balance beam)

sín do lámha amach /

stretch your arms out

déan iarracht siúl ar an chosán /

try to walk on the path (balance beam)

déan iarracht gan titim /

try not to fall

ná tit /

do not fall

siúil go fadálach /

walk slowly

siúil go cúramach /

walk carefully

other sentences

tá muid ag dul iarracht a dhéanamh

siúl ar an chosán /

we are going to try and walk on the
path (balance beam)

mála pónairí



The children move around the room whilst balancing a bean bag on differing body parts.

equipment:

1 bean bag per child



directions

Provide each child with a bean bag. Direct the children to:

- stand in a circle
- balance the bean bag on different parts of the body
- move around the room whilst balancing the bean bag

N.B. Vary the equipment to allow for experimentation. Encourage the children to balance the item for increasing periods of time.

useful language

instructions

coinnigh greim ar an mhála pónairí /

keep hold of the bean bag

coinnigh greim air /

keep hold of it

cuir an mála pónairí ar do chos /

put the bean bag on your foot

cuir an mála pónairí ar do ghualainn /

balance the bean bag on your shoulder

cuir an mála pónairí ar do mhéar /

balance the bean bag on your finger

cuir an mála pónairí faoi do lámh /

balance the bean bag under your arm

cuir an mála pónairí idir do ghlúine /

balance the bean bag between your knees

cuir do lámha air /

place your hands on it

ná lig don mhála titim /

do not let the bean bag fall

ná tit /

do not fall

sín amach do lámha /

stretch out your hands

siúil thart an seomra /

walk around the room

other sentences

tá mé ag dul mála pónairí a thabhairt do gach duine /

I am going to give everyone a bean bag

seasfaidh muid i gciorcal /

we will stand in a circle

clocha

The children make their way across a longer and more challenging pathway.

equipment:

12 stepping stones of varying size – purchased or rubber markers

1 large non slip blue mat or blanket

several toy crocodiles



directions

Arrange the stepping stones on top of the blue 'river' mat in a more imaginative design i.e. curved, zigzag. Arrange the children in a circle around the 'river'. The children should complete the activity one at a time. Direct the children to:

- navigate the pathway carefully
- stretch their arms outwards to help balance

After all the children have had a chance to complete the pathway the stones can be rearranged.

N.B. Use stones of different levels and sizes. Place the stones farther apart.

useful language

instructions

déan ciorcal thart ar an bhrat gorm /
make a circle around the mat

cuir do lámha amach /
stretch your arms out

déan iarracht dul trasna na habhann /
try to cross the river

gabh trasna /
go across

siúil ó chloch go cloch /
go from stone to stone

siúil go fadálach /
walk slowly

siúil go cúramach /
walk carefully

amharc ar an chrogall /
look at the crocodile

ná tit isteach /
do not fall in

other sentences

tá mé ag dul an brat gorm a chur
ar an urlár / I am going to put the blue
mat on the floor

tá mé ag dul na clocha a chur
ar an bhrat gorm / I am going to put
the stones on the blue mat

tá crogall ina luí san uisce /
there is a crocodile lying in the water

tá ocras ar an chrogall /
the crocodile is hungry

rólaí pólaí



Action Song.

equipment:

Spraoi-Spórt cd



directions

Direct the children to:

- form a large circle
- sing with the words and carry out the appropriate actions

Song

rólaí pólaí, rólaí pólaí,
lámha ag dul amach

coimhead do chosa, coimhead do chosa

siúil an bealach isteach!

rólaí pólaí, rólaí pólaí,
lámha ag teacht isteach

coimhead do chosa, coimhead do chosa

siúil an bealach amach!

Repeat 2 times

Direct the children to:

- with arms bent at the elbow roll arms outwards
- turn around in a circle on the spot
- walk in towards the centre
- roll in their extended arms
- turn around in a circle on the spot
- walk backwards to their starting position

useful language

questions

an maith leat an t-amhrán seo? /

do you like this song?

an maith leat bheith ag damhsa? /

do you like dancing?

instructions

déan ciorcal /

make a circle

roll do lámha amach /

roll your arms out

tiontaigh thart i gciorcail ar an spota /

turn around in a circle on the spot

siúil isteach /

walk in

roll do lámha isteach /

roll your arms in

siúil amach /

walk out

other sentences

tá muid ag dul amhrán a rá /

we are going to sing a song

tá an t-amhrán seo galánta /

this song is great

is maith liom an t-amhrán seo go mór /

I like this song a lot

is maith liom bheith ag damhsa /

I like dancing

mála ag dul suas



Action Song.

equipment:

1 bean bag per child
Spraoi-Spórt cd



directions

Provide the children with a bean bag each. Direct the children to:

- stand in a circle
- sit down on the floor with legs outstretched and a bean bag in both hands
- sing along with the words and carry out the appropriate actions

Song

Mála ag dul suas is mála ag dul síos
Mála ag dul suas is mála ag dul síos
Mála ag dul suas is mála ag dul síos
Is mála ag dul suas arís

Ar mo cheann atá thuas, is mo chos atá thíos
Ar mo cheann atá thuas, is mo chos atá thíos
Ar mo cheann atá thuas, is mo chos atá thíos
An mála ag dul suas is síos

Mála ag dul suas is mála ag dul síos
Mála ag dul suas is mála ag dul síos
Mála ag dul suas is mála ag dul síos
Is mála ag dul suas arís

Direct the children to:

- stretch the bean bag up in the air
- stretch the bean bag to the floor
- stretch the bean bag up in the air
- place the bean bag on their heads
- place the bean bag onto their feet
- place the bean bag on their heads
- stretch the bean bag up in the air
- stretch the bean bag to the floor
- stretch the bean bag up in the air

useful language

questions

an maith libh an ceol seo? /

do you like this music?

an maith leat bheith ag damhsa? /

do you like dancing?

instructions

seas i gciorcal /

stand in a circle

suigh síos agus do chosa sínte amach /

sit down with your legs stretched out

tóg an mála pónairí le dhá láimh /

lift the bean bag in both hands

coinnigh greim ar an mála pónairí /

keep hold of the bean bag

coinnigh greim air /

keep hold of it

cuir do mhála pónairí suas san aer /

put your bean bag up in the air

sín an mála pónairí síos chuig an

urlár / stretch the bean bag down to

the floor

cuir an mála pónairí ar do cheann /

put the bean bag on your head

cuir an mála pónairí ar do chosa /

put the bean bag on your feet

other sentences

tá muid ag dul amhrán a rá /

we are going to sing a song

tá an t-amhrán seo galánta /

this song is great

is maith liom an t-amhrán seo go mór /

I like this song a lot

is maith liom bheith ag damhsa /

I like dancing



Throwing



and Catching

activities

stage 1

beirteanna	61
caith	62

stage 2

beirteanna	64
caith eile	65
caith	66

stage 3

beirteanna	68
caith an liathróid	69
caith	70

beirteanna



From a sitting position, the children in pairs, roll and throw a medium or large ball backwards and forwards.

equipment:

1 large ball or 1 medium ball
per each pair of children



directions

Direct the children to:

- sit down facing a partner, legs stretched out between them

Provide each pair with a ball. Direct the children to:

- roll the ball over and back to one another
- throw the ball back and forwards to one another

useful language

instructions

suigh síos agus do chosa sínte amach /

sit down with your legs stretched

amharc ar do chara /

look at your partner

sín do chosa amach /

stretch out your legs

déan cinnte go bhfuil do chara réidh /

make sure your partner is ready

roll an liathróid anonn is anall /

roll the ball over and back

roll an liathróid chugam /

roll the ball to me

roll an liathróid chuig Pól /

roll the ball to Pól

caith an liathróid anonn is anall /

throw the ball over and back

caith an liathróid chugam /

throw the ball to me

caith an liathróid chuig Máire /

throw the ball to Máire

caith



The children experiment with an item of equipment, throwing and catching.

equipment:

a range of balls, quoits, bean bags, scarves and other items – approximately 1 of each per child



directions

Provide each child with one item. Direct the children to:

- stand in a circle
- experiment with their item
- move it around their body
- throw and catch the item up in the air using both hands

N.B. Bean bags or quoits are initially more manageable as they do not roll.

useful language

instructions

déan ciorcal /

make a circle

bog an liathróid thart ar do chorp /

move the ball around your body

bog an caidhte thart ar do chorp /

move the quoit around your body

bog an mála pónairí thart ar do chorp /

move the bean bag around your body

bog an scairf thart ar do chorp /

move the scarf around your body

cuir an liathróid suas san aer /

put the ball up in the air

cuir an caidhte suas san aer /

put the quoit up in the air

cuir an mála pónairí suas san aer /

put the bean bag up in the air

cuir an scairf suas san aer /

put the scarf up in the air

cuir an liathróid síos thar do bholg /

put the ball down over your tummy

cuir an caidhte síos thar do bholg /

put the quoit down over your tummy

cuir an mála pónairí síos thar do bholg /

put the bean bag down over your tummy

cuir an scairf síos thar do bholg /

put the scarf down over your tummy

cuir an liathróid thart ar do dhroim /

put the ball around to your back

cuir an caidhte thart ar do dhroim /

put the quoit around to your back

cuir an mála pónairí thart ar do dhroim /

put the bean bag around to your back

cuir an scairf thart ar do dhroim /

put the scarf around to your back

cuir an liathróid síos thar do chosa /

put the ball down over your feet

cuir an caidhte síos thar do chosa /

put the quoit down over your feet

cuir an mála pónairí síos thar do chosa /

put the bean bag down over your feet

cuir an scairf síos thar do chosa /
put the scarf down over your feet

caith an liathróid /
throw the ball

caith an caidhte /
throw the quoit

caith an mála pónairí /
throw the bean bag

caith an scairf /
throw the scarf

ceap an liathróid /
catch the ball

ceap an caidhte /
catch the quoit

ceap an mála pónairí /
catch the bean bag

ceap an scairf /
catch the scarf

úsáid dhá láimh /
use two hands

caith an liathróid chugam /
throw the ball to me

caith an caidhte chugam /
throw the quoit to me

caith an mála pónairí chugam /
throw the bean bag to me

caith an scairf chugam /
throw the scarf to me

caith an liathróid chuig Máire /
throw the ball to Máire

caith an caidhte chuig Máire /
throw the quoit to Máire

caith an mála pónairí chuig Máire /
throw the bean bag to Máire

caith an scairf chuig Máire /
throw the scarf to Máire

other sentences

seasfaidh muid i gciorcal /
we will stand in a circle

tá muid ag dul ciorcal mór
a dhéanamh /

we are going to make a large circle



beirteanna



From a standing position the children in pairs throw a ball backwards and forwards.

equipment:

1 large ball or 1 medium ball per each pair of children



directions

Direct the children to:

- stand quite close to and facing a partner
- stretch hands out slightly in front of their tummy
- ensure their partner is ready before throwing
- throw the ball over and back to one another

useful language

instructions

sín amach do lámha /

stretch out your hands

seas in aice le do chara /

stand close to your partner

amharc ar do chara /

look at your partner

amharc ar an liathróid /

watch the ball

déan cinnte go bhfuil do chara réidh /

make sure your partner is ready

roll an liathróid anonn is anall /

roll the ball over and back

roll an liathróid chugam /

roll the ball to me

roll an liathróid chuig Pól /

roll the ball to Pól

caith an liathróid anonn is anall /

throw the ball over and back

caith an liathróid chugam /

throw the ball to me

caith an liathróid chuig Máire /

throw the ball to Máire

caith eile



Action Song.

equipment:

1 bean bag per child
Spraoi-Spórt cd



directions

Direct the children to:

- stand in a circle
- sing along to the words and carry out the appropriate actions

Song

amharc, amharc eile, a haon, a dó

cos, cos eile, a haon, a dó

amharc, amharc eile, a haon, a dó

caith, caith eile, a haon, a dó

amharc na málaí ag dul san aer
thuas os mo cheann, iad uilig go léir

Repeat 2 times

Direct the children to:

- place a hand to the eyes
miming a search
- place two feet together
- place a hand to the eyes as above
- throw a bean bag in the air
- look up at the bean bag in the air

useful language

questions

an maith leat an t-amhrán sin? /
do you like that song?

instructions

déan ciorcal /
make a circle
cuir lámh ag do shúile /
place a hand at your eyes
cuir do chosa le chéile /
put your feet together
caith an mála pónairí /
throw the bean bag
amharc ar an mhála pónairí /
look at the bean bag

amharc suas /
look up

other sentences

tá muid ag dul amhrán a rá /
we are going to sing a song
tá muid ag dul ciorcal mór a dhéanamh /
we are going to make a large circle
tá an t-amhrán seo galánta /
this song is great
is maith liom an t-amhrán seo go mór /
I like this song a lot

caith



The children throw and catch a variety of equipment.

equipment:

a range of balls, quoits, bean bags, scarves and other items – approximately 1 of each per child



directions

Direct the children to:

- stand in a circle
- experiment with their item
- move it around their body
- throw and catch the item with both hands

N.B. As the children gain confidence introduce variety.

useful language

instructions

déan ciorcail /

make a circle

bog an liathróid thart ar do chorp /
move the ball around your body

bog an caidhte thart ar do chorp /
move the quoit around your body

bog an mála pónairí thart ar do chorp /
move the bean bag around your body

bog an scairf thart ar do chorp /
move the scarf around your body

cuir an liathróid suas san aer /
put the ball up in the air

cuir an caidhte suas san aer /
put the quoit up in the air

cuir an mála pónairí suas san aer /
put the bean bag up in the air

cuir an scairf suas san aer /
put the scarf up in the air

cuir an liathróid síos thar do bholg /
put the ball down over your tummy

cuir an caidhte síos thar do bholg /
put the quoit down over your tummy

cuir an mála pónairí síos thar do bholg /
put the bean bag down over your tummy

cuir an scairf síos thar do bholg /
put the scarf down over your tummy

cuir an liathróid thart ar do dhroim /
put the ball around to your back

cuir an caidhte thart ar do dhroim /
put the quoit around to your back

cuir an mála pónairí thart ar do dhroim /
put the bean bag around to your back

cuir an scairf thart ar do dhroim /
put the scarf around to your back

cuir an liathróid síos thar do chosa /
put the ball down over your feet

cuir an caidhte síos thar do chosa /
put the quoit down over your feet

cuir an mála pónairí síos thar do chosa /
put the bean bag down over your feet

cuir an scairf síos thar do chosa /
put the scarf down over your feet

caith an liathróid /
throw the ball

caith an caidhte /
throw the quoit

caith an mála pónairí /
throw the bean bag

caith an scairf /
throw the scarf

ceap an liathróid /
catch the ball

ceap an caidhte /
catch the quoit

ceap an mála pónairí /
catch the bean bag

ceap an scairf /
catch the scarf

úsáid dhá láimh /
use two hands

caith an liathróid chugam /
throw the ball to me

caith an caidhte chugam /
throw the quoit to me

caith an mála pónairí chugam /
throw the bean bag to me

caith an scairf chugam /
throw the scarf to me

caith an liathróid chuig Máire /
throw the ball to Máire

caith an caidhte chuig Máire /
throw the quoit to Máire

caith an mála pónairí chuig Máire /
throw the bean bag to Máire

caith an scairf chuig Máire /
throw the scarf to Máire

other sentences

seasfaidh muid i gciorcal /
we will stand in a circle

tá muid ag dul ciorcal mór
a dhéanamh /

we are going to make a large circle

beirteanna



The children throw and catch balls varying the distance and throwing method.

equipment:

1 large ball, 1 medium sized ball or 1 small ball per each pair of children



directions

Direct the children to:

- stand a reasonable distance from a partner
- stretch hands body width apart in front of their tummy
- ensure their partner is ready before throwing
- throw the ball backwards and forwards between one another using two hands
- throw the ball backwards and forwards between one another with a bounce on the ground

N.B. Ensure the distance between partners is varied.

useful language

instructions

seas in aice le do chara /

stand beside your partner

amharc ar do chara /

look at your partner

sín amach do lámha /

stretch out your hands

amharc ar an liathróid /

watch the ball

déan cinnte go bhfuil do chara réidh /

make sure your partner is ready

caith an liathróid anonn is anall /

throw the ball over and back

caith an liathróid chugam /

throw the ball to me

caith an liathróid chuig Máire /

throw the ball to Máire



caith an liathróid



Action Song.

equipment:

music player

Spraoi-Spórt cd



directions

Direct the children to:

- stand in a circle
- sing along with the words and carry out the appropriate actions

Song

caith an liathróid san aer, san aer
caith an liathróid san aer, san aer
caith an liathróid san aer,
amharc an liathróid sa spéir
caith an liathróid san aer,
amharc sa spéir

Repeat 3 times

Direct the children to:

- throw the ball up in to the air
- catch the ball
- throw the ball up in the air
- look at the ball when it's up in the air
- throw the ball up in the air
- look at the ball when it's up in the air

useful language

questions

an maith leat an t-amhrán sin? /
do you like that song?

instructions

déan ciorcal mór /

make a big circle

caith an liathróid /

throw the ball

amharc ar an liathróid /

look at the ball

amharc suas /

look up

other sentences

tá muid ag dul amhrán a rá /

we are going to sing a song

seasfaidh muid i gciorcal /

we will stand in a circle

tá muid ag dul ciorcal mór a dhéanamh /

we are going to make a large circle

tá an t-amhrán seo galánta /

this song is great

is maith liom an t-amhrán seo go mór /

I like this song a lot

ní maith liom an t-amhrán seo /

I don't like this song

caith



The children throw and catch items of differing textures and weights.

equipment:

a range of balls, quoits, bean bags, scarves
of differing weights –
approximately 1 of each
per child



directions

Direct the children to:

- stand in a circle
- experiment with their item
- move it around their body
- throw and catch the item using both hands
- throw and catch the item using one hand

useful language

questions

an bhfuil an liathróid éadrom nó trom? /
is the ball light or heavy?

an bhfuil an caidhte éadrom nó trom? /
is the quoit light or heavy?

an bhfuil an mála pónairí éadrom nó
trom? /

is the bean bag light or heavy?

an bhfuil an caidhte éadrom nó trom? /
is the scarf light or heavy?

instructions

déan ciorcal /
make a circle

bog an liathróid thart ar do chorp /
move the ball around your body

bog an caidhte thart ar do chorp /
move the quoit around your body

bog an mála pónairí thart ar do chorp /
move the bean bag around your body

bog an scairf thart ar do chorp /
move the scarf around your body

cuir an liathróid suas san aer /
put the ball up in the air

cuir an caidhte suas san aer /
put the quoit up in the air

cuir an mála pónairí suas san aer /
put the bean bag up in the air

cuir an scairf suas san aer /
put the scarf up in the air

cuir an liathróid síos thar do bholg /
put the ball down over your tummy

cuir an caidhte síos thar do bholg /
put the quoit down over your tummy

cuir an mála pónairí síos thar do bholg /
put the bean bag down over your
tummy

cuir an scairf síos thar do bholg /
put the scarf down over your tummy

cuir an liathróid thart ar do dhroim /
put the ball around to your back

cuir an caidhte thart ar do dhroim /
put the quoit around to your back

cuir an mála pónairí thart ar do dhroim /
put the bean bag around to your back

cuir an scairf thart ar do dhroim /
put the scarf around to your back

cuir an liathróid síos thar do chosa /
put the ball down over your feet

cuir an caidhte síos thar do chosa /
put the quoit down over your feet

cuir an mála pónairí síos thar do chosa /
put the bean bag down over your feet

cuir an scairf síos thar do chosa /
put the scarf down over your feet

caith an liathróid /
throw the ball

caith an caidhte /
throw the quoit

caith an mála pónairí /
throw the bean bag

caith an scairf /
throw the scarf

ceap an liathróid /
catch the ball

ceap an caidhte /
catch the quoit

ceap an mála pónairí /
catch the bean bag

ceap an scairf /
catch the scarf

úsáid dhá láimh /
use two hands

caith an liathróid chugam /
throw the ball to me

caith an caidhte chugam /
throw the quoit to me

caith an mála pónairí chugam /
throw the bean bag to me

caith an scairf chugam /
throw the scarf to me

caith an liathróid chuig Máire /
throw the ball to Máire

caith an caidhte chuig Máire /
throw the quoit to Máire

caith an mála pónairí chuig Máire /
throw the bean bag to Máire

caith an scairf chuig Máire /
throw the scarf to Máire

other sentences

seasfaidh muid i gciorcal /
we will stand in a circle

tá muid ag dul ciorcal mór
a dhéanamh /

we are going to make a large circle



Target Activities

activities

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stage 2

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stage 3

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cluiche caithimh

The children play a throwing game with a colour target board.

equipment:

- 1 colour target board
- 1 coloured ball for each pocket
- 1 rubber positioning marker



directions

Set up the target board in a fixed position. Position a rubber marker opposite the target board. Arrange the children into small groups on the floor while they wait their turn. Direct the children to:

- choose a ball of any colour
- aim the ball at any pocket on the game
- throw the ball into any pocket

N.B. Vary the distance as the children's skills increase.

useful language

questions

cá bhfuil an clár? /

where is the board?

cad é an dath ba mhaith leat? /

which colour would you like?

an bhfeiceann tú an póca? /

do you see the pocket?

instructions

cuir an clár anseo /

put the board here

cuir an marcóir ansin /

put the marker there

pioc liathróid /

pick a ball

pioc dath ar bith is mian leat /

pick any colour you like

seas ar an mharcóir /

stand on the marker

caith an liathróid isteach i bpóca /

throw the ball into a pocket

bog isteach /

move in

suigh anseo ar an urlár /

sit here on the floor

other sentences

déanfaidh muid ceithre ghrúpa /

we will make four groups

tá muid ag dul ceithre ghrúpa a

dhéanamh /

we are going to make four groups

tá muid ag dul iarracht a dhéanamh

an liathróid a chaitheamh isteach i

bpóca /

we are going to try and throw the ball

into a pocket

déan iarracht an liathróid a chaitheamh

isteach i bpóca /

try to throw the ball into a pocket

cluiche scidilí



The children, one at a time knock down skittles with a large ball.

equipment:

- 6-8 skittles
- 1 large ball
- 1 rubber positioning marker



directions

Place the skittles in a small clustered group. Position a rubber marker opposite the skittles. Arrange the children into small groups on the floor while they wait their turn. Direct the child to:

- aim the ball at the skittles from the positioning marker
- roll the ball towards the skittles to knock them down
- knock down as many as possible

N.B. Vary the distance and the ball size as the children's skills increase.

useful language

questions

cá bhfuil na scidilí? /

where are the skittles?

an bhfeiceann tú na scidilí? /

do you see the skittles?

instructions

cuir na scidilí anseo /

put the skittles here

suigh anseo ar an urlár /

sit here on the floor

cuir an marcóir ansin /

put the marker there

seas ar an mharcóir /

stand on the marker

roll an liathróid /

roll the ball

leag na scidilí /

knock down the skittles

déan iarracht na scidilí a leagan /

try to knock the skittles down

other sentences

déanfaidh muid ceithre ghrúpa /

we will make four groups

tá muid ag dul ceithre ghrúpa a

dhéanamh /

we are going to make four groups

tá muid ag dul iarracht a dhéanamh

na scidilí a leagan /

we are going to try and knock the

skittles down

rollóir

The children roll an over large ball through an upright Hula Hoop.

equipment:

- 1 very large lightweight ball
- 1 hula hoop
- 1 rubber positioning marker



directions

A member of staff holds the Hula Hoop upright and steady on the floor. Position a rubber marker for the children to aim from. Arrange the children into small groups on the floor while they wait their turn. Direct the children to:

- aim from the start position
- place both hands on the ball
- roll it firmly towards and through the hula hoop

N.B. Vary the distance as the children's skills increase.

useful language

questions

cá bhfuil an ciorcal? /

where is the hoop?

an bhfeiceann tú an ciorcal? /

do you see the hoop?

instructions

cuir an ciorcal anseo /

put the hoop here

suigh anseo ar an urlár /

sit here on the floor

cuir an marcóir ansin /

put the marker there

seas ar an mharcóir /

stand on the marker

cuir dhá láimh ar an liathróid /

place two hands on the ball

roll an liathróid /

roll the ball

déan iarracht an liathróid a rolladh

tríd an ciorcal /

try to roll the ball through the hoop

other sentences

déanfaidh muid ceithre ghrúpa /

we will make four groups

tá muid ag dul ceithre ghrúpa

a dhéanamh /

we are going to make four groups

tá muid ag dul iarracht a dhéanamh

an liathróid a rolladh tríd an ciorcal /

we are going to try to roll the ball

through the hoop

cluiche caithimh

The children play a throwing game with a colour target board.

equipment:

- 1 colour target board
- 1 coloured ball for each pocket
- 1 rubber positioning marker



directions

Set up the target board in a fixed position. Position a rubber marker opposite the target board. Arrange the children into small groups on the floor while they wait their turn. Direct the children to:

- choose a ball and identify the colour
- aim the ball at the corresponding coloured pocket on the target board
- throw the ball into any pocket

useful language

questions

cá bhfuil an clár? /

where is the board?

cá bhfuil an dath sin? /

where is that colour?

cén dath atá air? /

which colour is it ?

cad é an dath ba mhaith leat? /

which colour would you like?

an bhfeiceann tú an póca buí? /

do you see the yellow pocket?

an bhfeiceann tú an póca dearg? /

do you see the red pocket?

an bhfeiceann tú an póca glas? /

do you see the green pocket?

an bhfeiceann tú an póca gorm? /

do you see the blue pocket?

instructions

cuir an clár anseo /

put the board here

cuir an marcóir ansin /

put the marker there

suigh anseo ar an urlár /

sit here on the floor

pioc liathróid /

pick a ball

seas ar an mharcóir /

stand on the marker

caith an liathróid isteach i bpóca /

throw the ball into a pocket

other sentences

déanfaidh muid ceithre ghrúpa /

we will make four groups

tá muid ag dul ceithre ghrúpa

a dhéanamh /

we are going to make four groups

tá muid ag dul iarracht a dhéanamh an liathróid a chaitheamh isteach i bpóca /

we are going to try to throw the ball into a pocket

cluiche scidilí



The children one a time knock down skittles of a particular colour.

equipment:

skittles – 2 blue,
2 yellow, 2 green, 2 red
1 medium ball
1 rubber positioning marker



directions

Place the skittles in a small clustered group. Position a rubber marker opposite the skittles. Arrange the children into small groups on the floor while they wait their turn. Direct the child to:

- aim the ball at the skittles from the start position
- aim for a particular colour of skittle during the game
- roll the ball towards that skittle

N.B. The skittles can be positioned to facilitate easy success or make the task more challenging. Vary the distance and the ball size as the children's skills increase.

useful language

questions

cá bhfuil na scidilí? /

where are the skittles?

cá bhfuil an dath sin? /

where is that colour?

cén dath atá air? /

which colour is it?

instructions

suigh anseo ar an urlár /

sit here on the floor

seas ar an mharcóir /

stand on the marker

roll an liathróid /

roll the ball

leag na scidilí /

tknock down the skittles

déan iarracht na scidilí dearga

a leagan /

try to hit the red skittles

déan iarracht na scidilí dearga

a bhualadh /

try to knock the red skittles down

other sentences

déanfaidh muid ceithre ghrúpa /

we will make four groups

tá muid ag dul ceithre ghrúpa

a dhéanamh /

we are going to make four groups

tá muid ag dul na scidilí a chur anseo /

we are going to put the skittles here

tá muid ag dul an marcóir a chur ansin /

we are going to put the marker there

tá muid ag dul iarracht a dhéanamh

na scidilí dearga a leagan /

we are going to try and knock the red skittles down

cruthanna

The children play a throwing game with a shape target board.

equipment:

- 1 shape target board
- 1 shape bean bag for each pocket
- 1 rubber positioning marker



directions

Set up the target board in a fixed position. Position a rubber marker for the children to aim from. Arrange the children into small groups on the floor while they wait their turn. Direct the children to:

- choose a shape
- find the corresponding shaped pocket
- aim at the correct pocket and throw the bean bag inside

N.B. Vary the distance as the children's skills increase.

useful language

questions

cén cruth atá ann? / **which shape is it?**

cad é an cruth ba mhaith leat? /

which shape would you like?

cá bhfuil an chearnóg? /

where is the square?

cá bhfuil an triantán? /

where is the triangle?

cá bhfuil an ciorcal? /

where is the circle?

cá bhfuil an dronuilleog? /

where is the rectangle?

instructions

cuir an clár anseo /

put the board here

cuir an marcóir ansin /

put the marker there

suigh anseo ar an urlár /

sit here on the floor

pioc cruth / **pick a shape**

seas ar an mharcóir /

stand on the marker

caith an mála pónairí /

throw the bean bag

caith an mála pónairí isteach i bpóca /

throw the bean bag into a pocket

déan iarracht an chearnóg

a chaitheamh isteach i bpóca /

try to throw the square into a pocket

déan iarracht an triantán a chaitheamh

isteach i bpóca /

try to throw the triangle into a pocket

déan iarracht an ciorcal a chaitheamh

isteach i bpóca /

try to throw the circle into a pocket

déan iarracht an dronuilleog

a chaitheamh isteach i bpóca /

try to throw the rectangle into a pocket

other sentences

déanfaidh muid ceithre ghrúpa /

we will make four groups

tá muid ag dul ceithre ghrúpa a

dhéanamh /

we are going to make four groups

tá muid ag dul iarracht a dhéanamh

an mála pónairí a chaitheamh isteach

i bpóca / **we are going to try to throw**

the bean bag into a pocket

aon a dó a trí



Action Song.

equipment:

- 1 ball per child
- 1 container per group
- Spraoi-Spórt cd



directions

Arrange the children into groups of four. Provide each group with one container. Provide each child with a ball. (The group may have balls of the same colour or different.) Direct the children to:

- sing along to the words and carry out the appropriate actions

Song

aon a dó a trí, aon a dó a trí
an bhfuil do liathróid istigh?

an bhfuil do liathróid istigh?
glas nó gorm nó dearg nó buí?

glas nó gorm nó dearg nó buí?
caith isteach í, na lig di rith
aon a dó a trí, aon a dó trí.

Repeat 2 times

Direct the children to:

- hold the ball up high in the air
- aim the ball at a container placed on the floor
- throw the ball into the container

useful language

questions

an maith leat an t-amhrán sin? /
do you like that song?

cá bhfuil an bocsa? /
where is the box?

instructions

tabhair bocsa do gach grúpa /
give each group a box
tabhair liathróid do gach páiste /
give each child a ball

tóg an liathróid go hard san aer /
lift the ball up high in the air
amharc ar an bhocsa /
look at the box

caith an liathróid isteach sa bhocsa /
throw the ball into the box

déan iarracht an liathróid a chaitheamh
isteach sa bhocsa /
try to throw the ball into a box

other sentences

déanfaidh muid ceithre ghrúpa /
we will make four groups

tá muid ag dul ceithre ghrúpa
a dhéanamh /
we are going to make four groups

tá muid ag dul amhrán a rá /
we are going to sing a song

tá an t-amhrán seo galánta /
this song is great

is maith liom an t-amhrán seo go mór /
I like this song a lot

cón

The children one a time throw a quoit onto a small cone.

equipment:

4 quoits

1 small cone

1 rubber positioning marker



directions

Position a rubber marker. Place the cone a short distance from the positioning marker. Arrange the children into small groups on the floor while they wait their turn. Direct the children to:

- choose a quoit of any colour
- aim the quoit at the cone from the positioning marker
- throw the quoit onto the cone

N.B. Vary the distance as the children's skills increase

useful language

questions

cá bhfuil an cón? /
where is the cone?

instructions

pioc caidhte /
pick a quoit
seas ar an mharcóir /
stand on the marker
amharc ar an chón /
look at the cone
caith an caidhte /
throw the quoit
caith an caidhte ar an chón /
throw the quoit onto the cone
déan iarracht an caidhte a chaitheamh
ar an chón /
try to throw the quoit on the cone

other sentences

déanfaidh muid ceithre ghrúpa /
we will make four groups
tá muid ag dul ceithre ghrúpa
a dhéanamh /
we are going to make four groups
tá muid ag dul iarracht a dhéanamh
an liathróid a chaitheamh isteach
i bpóca /
we are going to try and throw the ball
into a pocket
déanfaidh muid iarracht an caidhte
a chaitheamh ar an chón /
we will try to throw the quoit on the
cone

cruthanna

The children play a throwing game with a shape target board.

equipment:

- 1 shape target board
- 1 shape bean bags for each pocket
- 1 rubber positioning marker



directions

Set up the target board in a fixed position. Position a rubber marker for the children to aim from. Arrange the children into small groups on the floor while they wait their turn. Direct the children to:

- choose a shape and identify it by name
- find the corresponding shaped pocket
- aim at the correct pocket and throw the bean bag inside

N.B. Vary the distance as the children's skills increase.

useful language

questions

cén cruth atá ann? /

which shape is it?

cad é an t-ainm atá air? /

what is it called?

An dtig leat ainm a chur air? /

can you name it?

cá bhfuil an chearnóg? /

where is the square?

cá bhfuil an triantán? /

where is the triangle?

cá bhfuil an ciorcal? /

where is the circle?

cá bhfuil an dronuilleog? /

where is the rectangle?

instructions

cuir an clár anseo /

put the board here

cuir an marcóir ansin /

put the marker there

suigh anseo ar an urlár /

sit here on the floor

pioc cruth /

pick a shape

seas ar an mharcóir /

stand on the marker

déan iarracht ainm a chur ar an chruth /

try to name the shape

caith an mála pónairí /

throw the bean bag

caith an mála pónairí isteach i bpóca /

throw the bean bag into a pocket

déan iarracht an chearnóg

a chaitheamh isteach i bpóca /

try to throw the square into a pocket

déan iarracht an triantán a chaitheamh

isteach i bpóca /

try to throw the triangle into a pocket

déan iarracht an ciorcal a chaitheamh

isteach i bpóca /

try to throw the circle into a pocket

déan iarracht an dronuilleog

a chaitheamh isteach i bpóca /

try to throw the rectangle into a pocket

other sentences

déanfaidh muid ceithre ghrúpa /

we will make four groups

tá muid ag dul ceithre ghrúpa

a dhéanamh /

we are going to make four groups

tá muid ag dul iarracht a dhéanamh

an mála pónairí a a chaitheamh isteach

i bpóca /

we are going to try to throw the bean

bag into a pocket



Obstacle



Course

activities

stage 1

bí ag rith

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obstacle course

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stage 2

obstacle course

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stage 3

obstacle course

90

bí ag rith



Action Song.

equipment:

music player

Spraoi-Spórt cd



directions

Direct the children to:

- stand in a circle
- sing along with the words and carry out the appropriate actions

Song

bí ag rith go gasta, bí ag rith go gasta,
bí ag rith go gasta,
ó chéim go céim

bí ag rith go sásta, bí ag rith go sásta,
bí ag rith go sásta,
ó léim go léim

Repeat 3 times

Direct the children to:

- run around the room quickly
- jump from one foot to another
- run around the room and smile
- jump from one foot to another

useful language

questions

an maith leat an t-amhrán sin? /

do you like that song?

cén cineál ceoil atá ann? /

what type of music is it?

an bhfuil an ceol fadálach? /

is the music slow?

an bhfuil an ceol gasta? /

is the music fast?

instructions

déan ciorcal mór /

make a big circle

déan damhsa leat fein /

dance on your own

rith thart ar an sheomra /

run around the room

rith go gasta /

run quickly

léim ó chos amháin go dtí an chos eile /

jump from one foot to another

other sentences

tá muid ag dul amhrán a rá /

we are going to sing a song

tá muid ag dul ciorcal mór

a dhéanamh /

we are going to make a large circle

tá an t-amhrán seo galánta /

this song is great

is maith liom an t-amhrán seo go mór /

I like this song a lot

obstacle course

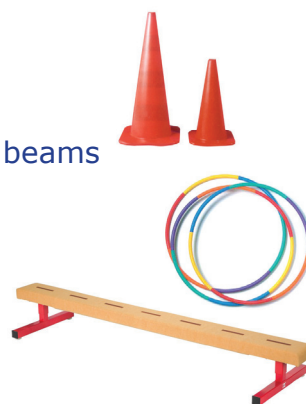
The children, one after the other, carry through a simple obstacle sequence.

equipment:

- 1 ladder
- 2 short straight tunnels
- 6 long poles
- 6 short poles
- 6 small cones



- 6 large cones
- 2 flat balance beams
- 6 large hoops
- 6 small hoops



directions

Set out one piece of equipment or a single arrangement. Use the most basic of equipment initially. Direct the children to:

- try the piece of equipment or arrangement carefully
- practise each piece a couple of times

When the children are comfortable set up a basic sequence of equipment. Direct the children to:

- navigate carefully through the sequence
- take their time

N.B. Ensure that staff are on hand to support children and demonstrate the correct action. Keep the children moving in a steady flow if possible.

useful language

questions

an bhfuil seo déanta agat? /

have you done this?

an bhfuil tú ábalta seo a dhéanamh? /

can you do this?

instructions

cuir do lámha amach /

stretch your arms out

tóg an caidhte /

lift the quoit

gabh faoin chuaille /

go under the pole

gabh tríd an tollán /

go through the tunnel

tóg an liathróid /

lift the ball

tóg an mála ponairí /

lift the bean bag

siúil ar an dréimire /

walk on the ladder

siúil ar an chasán /

walk on the path / balance beam

siúil go fadálach /

walk slowly

siúil go cúramach /

walk carefully

siúil isteach is amach /

walk in and out

léim tríd na ciorcail /

jump through the hoops

obstacle course

The children navigate an obstacle course which involves a more challenging sequence and equipment.

equipment:

- 1 ladder
- 2 short straight tunnels
- 6 long poles
- 6 short poles
- 6 small cones
- 6 large cones



- 2 flat balance beams
- 6 large hoops
- 6 small hoops

additional equipment:

- 2 long straight tunnels
- 2 flat balance beams



directions

Set up the additional pieces of equipment or arrangement. Introduce the children to the new piece. Direct the children to:

- try the new piece of equipment or arrangement carefully
- practise each piece a couple of times

When the children are comfortable arrange a sequence of equipment. Direct the children to:

- navigate carefully through the sequence
- take their time

N.B. Ensure that staff are on hand to support children and demonstrate the correct action. Keep the children moving in a steady flow if possible.

useful language

questions

an bhfuil seo déanta agat? /

have you done this?

an bhfuil tú ábalta seo a dhéanamh? /

can you do this?

instructions

cuir do lámha amach /

stretch your arms out

tóg an caidhte /

lift the quoit

gabh faoin chuaille /

go under the pole

gabh tríd an tollán /

go through the tunnel

tóg an liathróid /

lift the ball

tóg an mála ponairí /

lift the bean bag

siúil ar an dréimire /

walk on the ladder

siúil go fadálach /

walk slowly

siúil go cúramach /

walk carefully

siúil isteach is amach /

walk in and out

léim tríd na ciorcail /

jump through the hoops

obstacle course

The children navigate an increasingly challenging obstacle course.

equipment:

- 1 ladder
- 2 long straight tunnels
- 2 short straight tunnels
- 6 long poles
- 6 short poles
- 6 small cones
- 6 large cones



- 2 flat balance beams
- 2 raised balance beams
- 6 large hoops
- 6 small hoops

additional equipment:

- 2 curved tunnels
- 2 textured beams



directions

Set up the additional pieces of equipment or arrangement. Introduce the children to the new piece. Direct the children to:

- try the new piece of equipment or arrangement carefully
- practise each piece a couple of times

When the children are comfortable arrange a sequence of equipment. Direct the children to:

- navigate carefully through the sequence
- take their time

N.B. Ensure that staff are on hand to support children and demonstrate the correct action. Keep the children moving in a steady flow if possible.

useful language

questions

an bhfuil seo déanta agat? /

have you done this?

an bhfuil tú ábalta seo a dhéanamh? /

can you do this?

instructions

cuir do lámha amach /

stretch your arms out

tóg an caidhte /

lift the quoit

gabh faoin chuaille /

go under the pole

gabh tríd an tollán /

go through the tunnel

tóg an liathróid /

lift the ball

tóg an mála ponairí /

lift the bean bag

siúil ar an dréimire /

walk on the ladder

siúil go fadálach /

walk slowly

siúil go cúramach /

walk carefully

siúil isteach is amach /

walk in and out

léim tríd na ciorcail /

jump through the hoops

Relay Races



activities

stage 1

corp aclaí

93

relay race

94

stage 2

relay race

95

stage 3

relay race

96

corp aclaí



Warm up action song.

equipment:

music player
Spraoi-Spórt cd



directions

Direct the children to:

- stand in a circle
- sing along with the words and carry out the appropriate actions

Song

corp aclaí, corp aclaí, tá mise lán brí
ag rith, is ag rith is ag rith gan aon scíth
corp aclaí, corp aclaí, tá mise lán brí
ag rith, is ag rith is ag rith gan aon scíth

Direct the children to:

- clap their hands
- run around the room
- clap their hands
- run around the room

Repeat 2 times

useful language

questions

an maith leat an t-amhrán sin? /
do you like that song?

instructions

rith go gasta /
run quickly

buail do bhosa /
clap your hands

rith thart ar an seomra /
run around the room

other sentences

tá muid ag dul amhrán a rá /
we are going to sing a song

seasfaidh muid i gciorcal /
we will stand in a circle

tá muid ag dul ciorcal mór
a dhéanamh /

we are going to make a large circle
beidh muid ag rith thart

ar an seomra /

we will be running around the room
tá an t-amhrán seo galánta /

this song is great

is maith liom an t-amhrán seo go mór /
I like this song a lot

relay race

The children are introduced to the concept of relay racing.

equipment:

- 1 colour coded rubber positioning marker per child
- 1 colour coded bean bag per team
- 2 colour coded cones per team



directions

Arrange the children into teams of approximately 5. Set out colour coded cones for each team at the start point and turning point. Lay out a colour coded positioning marker for each child in each team. Provide the first child in every team with a bean bag which corresponds to the positioning marker and turning cone. Direct the first child to:

- run to the turning point and back with their bean bag
- pass the bean bag to the next child in their team
- move to the end of the line

Direct subsequent children in each team to repeat the action.

N.B. Encourage the children to stay in line and move forwards when necessary. A competitive aspect to this activity in the early stages can be counterproductive.

useful language

questions

an bhfuil seo déanta agat? /
have you done this?

an bhfuil tú ábalta seo a dhéanamh? /
can you do this?

instructions

seas ar do mharcóir /
stand on your marker

tóg an mála pónairí /
lift the bean bag

rith chuig an chón
ag an chríochphointe /
run to the cone at the end point

rith ar ais anseo /
run back here

rith go gasta /
run quickly

gabh chuig deireadh na líne /
go to the back of the line

other sentences

déanfaidh muid ceithre ghrúpa /
we will make four groups

tá muid ag dul ceithre ghrúpa
a dhéanamh /
we are going to make four groups

cuirfidh muid cón ag an túsphointe /
we will put a cone at the start point

cuirfidh muid cón
ag an chríochphointe /
we will put a cone the the end point

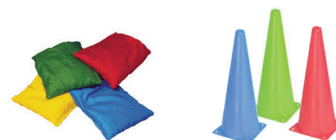
cuirfidh muid na marcóirí anseo i líne /
we will put the markers here in a line

relay race

The children will take part in range of relay races introducing different types of movement for example hopping or jumping.

equipment:

- 1 colour coded rubber positioning marker per child
- 1 colour coded bean bag per team
- 2 colour coded cones per team



directions

Arrange the children into teams of approximately 5. Set out colour coded cones for each team at the start point and turning point. Lay out a colour coded positioning marker for each child in each team. Provide the first child in every team with a bean bag which corresponds to the positioning marker and turning cone. Direct the first child to:

- hop or jump to the turning point and back
- give the next person on their team a 'high five'
- move to the end of the line

Direct subsequent children in each team to repeat the action.

N.B. Encourage the children to stay in line and move forwards when necessary. A competitive aspect to this activity in the early stages can be counterproductive.

useful language

instructions

seas ar do mharcóir /
stand on your marker
 tóg an mála pónaire /
lift the bean bag
 rith chuig an chón
 ag an críoch phointe /
run to the cone at the end point
 rith ar ais anseo /
run back here
 rith go gasta /
run quickly
 gabh chuig deireadh na líne /
go to the back of the line

other sentences

déanfaidh muid ceithre ghrúpa /
we will make four groups
 tá muid ag dul ceithre ghrúpa
 a dhéanamh /
we are going to make four groups
 cuirfidh muid cón ag an túsphointe /
we will put a cone at the start point
 cuirfidh muid cón
 ag an chríochphointe /
we will put a cone the the end point
 cuirfidh muid na marcóirí anseo i líne /
we will put the markers here in a line

relay races

The children progress to more complicated relay races which introduce different pieces of equipment.

equipment:

- 1 colour coded rubber positioning marker per child
- 2 colour coded cones per team
- 1 short straight tunnel per team
- 1 large colour coded hoop per team
- 3 small colour coded hoops per team



directions

Arrange the children into teams of approximately 5. Set out colour coded cones for each team at the start point and turning point. Lay out a colour coded positioning marker for each child in each team. Choose a race style below and arrange the necessary equipment.

Tunnel race:

Lay a tunnel on the floor between the start cone and the turning point cone of each team. The children crawl through the tunnel on their way to the turning point and again on their way back to their team.

Large hoop race:

Lay the large colour coded hoops on the floor halfway between the start cone and the turning point cone. The children run to their team hoop, jump inside, lift it over their heads and place it back on the floor on their way towards the turning point cone and again on their way back to their team.

Small hoop jump race:

Lay the three colour coded hoops closely together in a straight line between the start cone and the turning point cone. The children will bunny hop through the small hoops on their way to the turning point and again on their way back to their team.

Direct the first child to:

- follow the relevant instructions for the particular race
- upon returning give the next person on their team a 'high five'
- move to the end of the line

Direct subsequent children in each team to repeat the action.

N.B. Combine elements of the above race styles to create new races. Encourage the children to stay in line and move forwards when necessary. A competitive aspect to this activity in the early stages can be counterproductive.

useful language

instructions

seas ar do mharcóir /

stand on your marker

gabh chuig deireadh na líne /

go to the back of the line

tunnel race:

gabh tríd an tollán /

go through the tunnel

rith chuig an chón

ag an críoch phointe /

run to the cone at the end point

rith ar ais anseo /

run back here

rith go gasta /

run quickly

large hoop race:

léim isteach sa chiorcal /

jump into the circle

tóg an ciorcal os do chionn /

lift the circle up above your head

rith chuig an cón

ag an chríochphointe /

run to the cone at the end point

rith ar ais anseo /

run back here

rith go gasta /

run quickly

small hoop jump race

rith chuig an chón

ag an críoch phointe /

run to the cone at the end point

rith ar ais anseo /

run back here

coinnigh do chosa le chéile /

keep your feet together

léim tríd na ciorcail /

jump through the hoops

rith go gasta /

run quickly

other sentences

déanfaidh muid ceithre ghrúpa /

we will make four groups

tá muid ag dul ceithre ghrúpa

a dhéanamh /

we are going to make four groups

cuirfidh muid cón ag an túsphointe /

we will put a cone at the start point

cuirfidh muid cón

ag an chríochphointe /

we will put a cone the the end point

cuirfidh muid na marcóirí anseo i líne /

we will put the markers here in a line

COOL DOWN SONG

sín do lámha



Cool down action song.

equipment:

music player

Spraoi-Spórt cd



directions

Direct the children to:

- stand in a circle
- sing along with the words and carry out the appropriate actions

Song

sín do lámha suas thar do cheann
tiontaigh thart uair amháin
déan luascadh beag anonn is anall
síos le do lámha síos go mall

Sín do lámha suas thar do cheann
Tiontaigh thart uair amháin
Déan luascadh beag anonn is anall
Síos le do ghlúine, síos go mall

Sín do lámha suas thar do cheann
Tiontaigh thart uair amháin
Déan luascadh beag anonn is anall
Síos le do thóin, síos go mall

Direct the children to:

- stretch their arms up above their head
- spin around once
- sway from side to side
- bring their arms back down slowly

- stretch their arms up above their head
- spin around once
- sway from side to side
- kneel down on the floor slowly

- stretch their arms up above their head
- spin around once
- sway from side to side
- sit down on their bottom slowly

Songs



cá bhfuil mo chorp? – track 1

Cá bhfuil mo chorp, mo chorp, mo chorp?
Ó, cá bhfuil mo chorp? Taispeáin dom é!
Seo é mo chorp, mo chorp, mo chorp.
Ó, seo é mo chorp, nach deas atá sé!

Cá bhfuil mo cheann, mo cheann, mo cheann?
Ó, cá bhfuil mo cheann? Taispeáin dom é!
Seo é mo cheann, mo cheann, mo cheann.
Ó, seo é mo cheann, nach deas atá sé!

Cá bhfuil mo lámha, mo lámha, mo lámha?
Ó, cá bhfuil mo lámha? Taispeáin dom iad!
Seo iad mo lámha, mo lámha, mo lámha.
Ó, seo iad mo lámha, nach deas atá siad!

Cá bhfuil mo chosa, mo chosa, mo chosa?
Ó, cá bhfuil mo chosa? Taispeáin dom iad!
Seo iad mo chosa, mo chosa, mo chosa.
Ó, seo iad mo chosa, nach deas atá siad!

Cá bhfuil mo chorp, mo chorp, mo chorp?
Ó, cá bhfuil mo chorp? Taispeáin dom é!
Seo é mo chorp, mo chorp, mo chorp.
Ó, seo é mo chorp, nach deas atá sé!

léim suas – track 2

Léim suas, tiontaigh thart, taispeáin dom do dhroim
 Léim suas, tiontaigh thart taispeáin dom d'aghaidh
 Léim suas, tiontaigh thart, taispeáin dom do dhroim
 Léim suas, tiontaigh thart taispeáin dom d'aghaidh

Buail do bhosa, má tá tú sona sásta
 Buail do bhosa, bí sásta i rith an lae
 Buail do bhosa, má tá tú sona sásta
 Buail do bhosa, bí sásta i rith an lae

Léim amháin ar dheis agus seasaimid le chéile
 Léim amháin ar chlé agus tosaímid arís
 Léim amháin ar dheis agus seasaimid le chéile
 Léim amháin ar chlé agus tosaímid arís

Buail do bhosa, má tá tú sona sásta
 Buail do bhosa, bí sásta i rith an lae
 Buail do bhosa, má tá tú sona sásta
 Buail do bhosa, bí sásta i rith an lae

Léim amháin chun tosaigh agus seasaimid le chéile
 Léim amháin ar gcúl agus tosaímid arís
 Léim amháin chun tosaigh agus seasaimid le chéile
 Léim amháin ar gcúl agus tosaímid arís

Buail do bhosa, má tá tú sona sásta
 Buail do bhosa, bí sásta i rith an lae
 Buail do bhosa, má tá tú sona sásta
 Buail do bhosa, bí sásta i rith an lae

roille, roille, ráinne – track 3

Roille, roille, ráinne
Timpeall linn i bhfáinne
Ríleo ró! Ríleo ró!
Suas san aer le mo pharaisiút ó!

Roille, roille, ráinne
Timpeall linn i bhfáinne
Ríleo ró! Ríleo ró!
Suas san aer le mo pharaisiút ó!

Roille, roille, ráinne
Timpeall linn i bhfáinne
Ríleo ró! Ríleo ró!
Suas san aer le mo pharaisiút ó!

Roille, roille, ráinne
Timpeall linn i bhfáinne
Ríleo ró! Ríleo ró!
Suas san aer le mo pharaisiút ó!

Roille, roille, ráinne
Timpeall linn i bhfáinne
Ríleo ró! Ríleo ró!
Suas san aer le mo pharaisiút ó!

néansaí nóinín – track 4

Amach is isteach le Neansaí Nóinín, amach is isteach le Neansaí Nóinín

Amach is isteach le Neansaí Nóinín, tar liom i mo dhiaidh

Buail, buail, buail ar mo ghualainn, buail, buail, buail ar mo ghualainn

Buail, buail, buail ar mo ghualainn, tar liom i mo dhiaidh

Amach is isteach le Neansaí Nóinín, amach is isteach le Neansaí Nóinín

Amach is isteach le Neansaí Nóinín, tar liom i mo dhiaidh

Buail, buail, buail ar mo ghualainn, buail, buail, buail ar mo ghualainn

Buail, buail, buail ar mo ghualainn, tar liom i mo dhiaidh

Amach is isteach le Neansaí Nóinín, amach is isteach le Neansaí Nóinín

Amach is isteach le Neansaí Nóinín, tar liom i mo dhiaidh

Buail, buail, buail ar mo ghualainn, buail, buail, buail ar mo ghualainn

Buail, buail, buail ar mo ghualainn, tar liom i mo dhiaidh

Amach is isteach le Neansaí Nóinín, amach is isteach le Neansaí Nóinín

Amach is isteach le Neansaí Nóinín, tar liom i mo dhiaidh

Buail, buail, buail ar mo ghualainn, buail, buail, buail ar mo ghualainn

Buail, buail, buail ar mo ghualainn, tar liom i mo dhiaidh

hócaí cócaí – track 5

Cuir do lámh isteach, tóg do lámh amach

Isteach, amach is tiontaigh thart is thart

Sín do lámha suas san aer agus scairt in ard do chinn

Ó hócaí, cócaí, cócaí, ó hócaí, cócaí, cócaí

Ó, hócaí, cócaí, cócaí, agus scairt in ard do chinn

Cuir do chos isteach, tóg do chos amach
 Isteach, amach is tiontaigh thart is thart
 Sínn do lámha suas san aer agus scairt in ard do chinn
 Ó hócaí, cócaí, cócaí, ó hócaí, cócaí, cócaí
 Ó, hócaí, cócaí, cócaí, agus scairt in ard do chinn

Cuir do thóin isteach, tóg do thóin amach
 Isteach, amach is tiontaigh thart is thart
 Sínn do lámha suas san aer agus scairt in ard do chinn
 Ó hócaí, cócaí, cócaí, ó hócaí, cócaí, cócaí
 Ó, hócaí, cócaí, cócaí, agus scairt in ard do chinn

Cuir do chorp isteach, tóg do chorp amach
 Isteach, amach is tiontaigh thart is thart
 Sínn do lámha suas san aer agus scairt in ard do chinn
 Ó hócaí, cócaí, cócaí, ó hócaí, cócaí, cócaí
 Ó, hócaí, cócaí, cócaí, agus scairt in ard do chinn

Ó hócaí, cócaí, cócaí, ó hócaí, cócaí, cócaí
 Ó, hócaí, cócaí, cócaí, agus scairt in ard do chinn

tá cluasa agam – track 6

Tá cluasa agam, tá súile agam
 Tá srón bheag sa lár
 Béal faoi, is fiacla istigh
 Agus teanga ar a bharr

Gruaig, ceann, cosa, glúine
 Droim le bheith i mo luí
 Lámha, méara, bolg mór
 Agus tóin le bheith i mo shuí

Tá cluasa agam, tá súile agam
 Tá srón bheag sa lár
 Béal faoi, is fiacla istigh
 Agus teanga ar a bharr

Gruaig, ceann, cosa, glúine
 Droim le bheith i mo luí
 Lámha, méara, bolg mór
 Agus tóin le bheith i mo shuí

rólaí pólaí – track 7

Rólaí Pólaí, Rólaí Pólaí, lámha ag dul amach.
 Coimhcad do chosa, coimhcad do chosa
 siúil an bealach isteach!
 Rólaí Pólaí, Rólaí Pólaí, lámha ag teacht isteach.
 Coimhcad do chosa, coimhcad do chosa
 siúil an bealach amach!

Rólaí Pólaí, Rólaí Pólaí, lámha ag dul amach.
 Coimhcad do chosa, coimhcad do chosa
 siúil an bealach isteach!
 Rólaí Pólaí, Rólaí Pólaí, lámha ag teacht isteach.
 Coimhcad do chosa, coimhcad do chosa
 siúil an bealach amach!

mála ag dul suas – track 8

Mála ag dul suas is mála ag dul síos
Mála ag dul suas is mála ag dul síos
Mála ag dul suas is mála ag dul síos
Is mála ag dul suas arís

Ar mo cheann atá thuas, is mo chos atá thíos
Ar mo cheann atá thuas, is mo chos atá thíos
Ar mo cheann atá thuas, is mo chos atá thíos
An mála ag dul suas is síos

Mála ag dul suas is mála ag dul síos
Mála ag dul suas is mála ag dul síos
Mála ag dul suas is mála ag dul síos
Is mála ag dul suas arís

Mála ag dul suas is mála ag dul síos
Mála ag dul suas is mála ag dul síos
Mála ag dul suas is mála ag dul síos
Is mála ag dul suas arís

Ar mo cheann atá thuas, is mo chos atá thíos
Ar mo cheann atá thuas, is mo chos atá thíos
Ar mo cheann atá thuas, is mo chos atá thíos
An mála ag dul suas is síos

Mála ag dul suas is mála ag dul síos
Mála ag dul suas is mála ag dul síos
Mála ag dul suas is mála ag dul síos
Is mála ag dul suas arís

caith eile – track 9

Amharc, amharc eile, a haon, a dó.

Cos, cos eile, a haon, a dó.

Amharc, amharc eile, a haon, a dó.

Caith, caith eile, a haon, a dó.

Amharc na málaí ag dul san aer

Thuas os mo chionn, iad uilig go léir

Amharc, amharc eile, a haon, a dó.

Cos, cos eile, a haon, a dó.

Amharc, amharc eile, a haon, a dó.

Caith, caith eile, a haon, a dó.

Amharc na málaí ag dul san aer

Thuas os mo chionn, iad uilig go léir

caith an liathróid – track 10

caith an liathróid san aer, san aer

caith an liathróid san aer, san aer

caith an liathróid san aer, amharc an liathróid sa spéir

caith an liathróid san aer, amharc sa spéir

caith an liathróid san aer, san aer

caith an liathróid san aer, san aer

caith an liathróid san aer, amharc an liathróid sa spéir

caith an liathróid san aer, amharc sa spéir

caith an liathróid san aer, san aer

caith an liathróid san aer, san aer

caith an liathróid san aer, amharc an liathróid sa spéir

caith an liathróid san aer, amharc sa spéir

Aon a dó, a trí – track 11

Aon a dó a trí, aon a dó a trí
An bhfuil do liathróid istigh

An bhfuil do liathróid istigh
Glas nó gorm nó dearg nó buí

Glas nó gorm nó dearg nó buí
Caith isteach í, ná lig di rith

Aon a dó a trí, aon a do a trí

Aon a dó a trí, aon a dó a trí
An bhfuil do liathróid istigh

An bhfuil do liathróid istigh
Glas nó gorm nó dearg nó buí

Glas nó gorm nó dearg nó buí
Caith isteach í, ná lig di rith

Aon a dó a trí, aon a do a trí

bí ag rith – track 12

Bí ag rith go gasta, bí ag rith go gasta

Bí ag rith go gasta

ó chéim go céim

Bí ag rith go sásta, bí ag rith go sásta,

Bí ag rith go sásta,

ó léim go léim

Bí ag rith go gasta, bí ag rith go gasta
 Bí ag rith go gasta
 ó chéim go céim
 Bí ag rith go sásta, bí ag rith go sásta,
 Bí ag rith go sásta,
 ó léim go léim

Bí ag rith go gasta, bí ag rith go gasta
 Bí ag rith go gasta
 ó chéim go céim
 Bí ag rith go sásta, bí ag rith go sásta,
 Bí ag rith go sásta,
 ó léim go léim

corp aclaí – track 13

Corp aclaí, Corp aclaí, tá mise lán brí
 Ag rith, is ag rith is ag rith gan aon scíth
 Corp aclaí, Corp aclaí, tá mise lán brí
 Ag rith, is ag rith is ag rith gan aon scíth

Corp aclaí, Corp aclaí, tá mise lán brí
 Ag rith, is ag rith is ag rith gan aon scíth
 Corp aclaí, Corp aclaí, tá mise lán brí
 Ag rith, is ag rith is ag rith gan aon scíth

sín do lámha – track 14

Sín do lámha suas thar do cheann
Tiontaigh thart uair amháin
Déan luascadh beag anonn is anall
Síos le do lámha, síos go mall

Sín do lámha suas thar do cheann
Tiontaigh thart uair amháin
Déan luascadh beag anonn is anall
Síos le do ghlúine, síos go mall

Sín do lámha suas thar do cheann
Tiontaigh thart uair amháin
Déan luascadh beag anonn is anall
Síos le do thóin, síos go mall